



Summer 2019

Registered Charity Number 1123780



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

www.dabka.org.uk

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Dates for your diary:

Sunday 7 July 2019 Townfield Gala

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

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www.dabka.org.uk
07444 281 141

Registered Charity Number 1123780

A chat with the chairman.....

Welcome to our Summer 2019 newsletter.

It has been a very busy time for DaBKA.

We had a wonderful end to 2018 with our annual Christmas Party which saw many patients and their families and friends come and have an enjoyable evening with us, It was lovely to see and meet so many of you.

There has been a lot of fundraising taking place by supporters and our team, again you can find pictures and articles in this issue.

DaBKA have donated items to all the local units, above and beyond what the NHS can afford. We are very proud of this and thank you for all your support—we could not do this without you.

Our annual Townfield Gala & 999 Day is on Sunday 7th July, we are having an information stall and holding our ever popular tombola and would really like to welcome you to the Gala. Renal nurses are selling home made buns on the day. Please do come and introduce yourself to the team if you can make it.

One of our most successful projects has been donating a free blood pressure to local kidney patients upon request. We are extremely proud to announce that we have given out over 400 of these. Please see page 17.

Inside this newsletter, you will find a book of raffle tickets. You are under no obligation to buy them. If you do not wish to buy them, please pop them into your recycle bin, *Please do not send your unwanted tickets back to us* as it costs the charity money if postage is not put on them.

If there are any issues that you would like DaBKA to take up on your behalf or if we can help you in any way, please do not hesitate to contact the team.

All the very best wishes,

Sean
Chairman

Malcolm's Puzzle Pages

These puzzles are just for fun, see if
you can get all the
answers!



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
on the answers page 30

I	A	E
G	W	N
N	S	R

NO VOWEL WORD SEARCH

There are no vowels in this word search.

There are no false letters. All the words run horizontally and run from either right to left or left to right. The answers can be found on page 30.

GOOD LUCK!

Y	L	Y	H	S	R	H	Y	T	H	M
S	Y	N	C	H	S	L	L	Y	H	G
S	T	S	Y	R	T	S	N	M	Y	H
H	P	L	Y	S	S	Y	Z	Y	G	Y
K	Y	R	G	Y	Z	S	Y	L	Y	L
H	C	S	Y	L	F	H	R	R	Y	M
L	Y	M	P	H	C	R	Y	P	T	S
H	W	Y	L	S	M	H	T	Y	H	R
L	Y	N	C	H	S	Y	B	Y	L	F
Y	L	Y	R	D	S	Y	N	T	H	S
S	D	Y	R	F	S	H	P	M	Y	N

2018 Christmas Raffle Results

Apologies for the delay in publishing the results

1st	Luxury Christmas Hamper	00316
2nd	£50 Cash	00391
3rd	Now TV Stick & Sky Cinema Pass	00107
4th	House Martin Steak Meal Voucher for 2	00577
5th	Giant Rainbow Coloured Unicorn Soft Toy	00151
6th	Small Food Hamper	00642
7th	Red Baylis & Harding Gift Set	00154
8th	Festive hamper	00175
9th	Winter Berry Candles	00568
10th	Morris Bathing Essentials	00127
11th	Toiletries Hamper	00222
12th	6 Cedar Lodge Placemats & 2 Slice Toaster	00894
13th	Knitted Rupert the Bear & Selection Box	00691
14th	Knitted Blankets	00967
15th	Baylis & Harding Toiletries Gift Set	00199
16th	Designer Letter Writing Set & Ladies Handkerchief Set	00583
17th	Silver Guilt Photo Set	00555
18th	Footcare Gift Set	00003
19th	Boots No.7 Gift Set	00693
20th	Star Wars Tri-pack Jigsaw & Ludo Game	00821
21st	Cheese Crackers	00614
22nd	Jar of Sweets	00323

All Prizes have been claimed

Total amount raised by Raffle £659

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

2018 Christmas Party Photos



Winner of the Christmas Hamper, Mr E Todd being presented with his prize by Mary Wraith



Christmas Party presentations

Two presentation took place during the Christmas Party.
Sincere thank you to all involved from DaBKA.



Pictured above: Presenting a cheque to DaBKA, The Gaylor family in loving memory of Mrs B Garnett



Pictured above: Staff from the renal ward presenting a Cheque to DaBKA from the renal ramble

DaBKA Team fundraising

Committee members, volunteers and nursing staff attended Doncaster Racecourse on Saturday 2nd March and Morrisons Supermarket, York Road on Thursday 14th March 2019, to raise funds for DaBKA.

In addition to the sale of souvenir items, together with donations received, Becky Stevenson sold knitted Easter chicks she had knitted on the Morrisons stalls.

The following amounts were raised for the benefit of patients:

Doncaster Racecourse: £181.50

Morrisons, York Road: £104.10



Fundraising and Donations from August 2018 to May 2019

By Christine Spyve

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

Christmas Party (Held 16th December 2018) – **Raffle - £659** (See article for results), Tickets for non-members **£204**, Lemon Party Game - **£2.20**, Sales - **£10**, donations - **£15**

Christmas Cards sales - **£1,077.50** Christmas cards were sold in all Renal Units and by individual members – DRI Outpatients - **£555**, Bassetlaw Dialysis Unit - **£180**, Deane Valley Dialysis Unit - **£49**, 8 members sold over **£293** between them

Sponsored Events -

‘Nurses Renal Ramble’ – See Article page 8

Davison Family ‘Run for Wildlife’ – See Article page 19

‘Round Donny Run’ - **£128**

Promotional Items - Sale of Pens, key rings, pin badges etc - **£98.00**

Giftaid – We have been able to claim **£1,466.24** in Giftaid

General Donations - £4,947.60

The Gaylor Family held a fundraising event at The Dome in memory of Mrs Gaylor’s mother **Bearl Garnett** – See Article .

Two large donations of **£1,000** and **£500** were received.

Nina Wieteska held a raffle at **Bassetlaw Dialysis Unit** and raised **£235**.

General Donations Continued :

Mrs Elden and her friends have a group called ‘ **Let’s Remember Judy**’ and they donated **£200** in March. The Group hold regular fund-raising events in memory of Mrs Elden’s daughter Judy and donated the proceeds to local charities.

DABKA was nominated to receive a **£200** donation from the **W&M Morris Charitable Fund**

£120 has been received from regular **standing order payments**
18 other donations were received ranging from £1.50 to £200

Other Fundraising Activates

Rebecca Stevenson from Ward 32 together with her friends knitted and sold Easter bunnies and chicks and raised **£300**

Morrisons Collection – See Article

Racecourse Collection – See Article

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 £3,800 in 8 memorial donations. The family and friends of the following have given permission for their names to be published.

Mr Jamie Knott – Jamie passed away last year and his wife Dawn sent a donation in his memory. Dawn and the rest of Jamie’s family and friends also held a memorial Fishing Competition in April – See Article

Fundraising Continued

Mr Don Webster – Don's family sent a donation in his memory together with a lovely letter thanking the Renal Unit for the care and support he received during his illness.

Mr George Taylor - A collection was held by George's family and they donated it to DABKA in his memory.

We would like to send the family and friends of the 8 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 loved ones 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

Cheque presentation from 'Coffee at the Grove'



The group hold weekly coffee mornings and fundraising events in Barnby Dun and presented DABKA with a cheque for **£200** in April

Pictured left to right – John Waggitt, Renal Sister – Debbie Starbuck and DABKA Treasurer Christine Spyve

New Organ Donation Law comes into force in 2020



Patientview



Would you like to:

- Find out your latest test results?
- Read online information about your condition and treatment?
- Read letters from your consultant?
- Read about diets?
- Check the transplant list?
- Enter your blood pressure and test results?
- Send a message to your clinical team?

**If you answered YES to any of these questions,
you should take a look at PatientView**

www.patientview.org

As Renal Out Patients manager I would like to tell you about Renal Patient View.

This a Free computer system which you can log on to via the internet from your home computer. This will enable you to see your blood test results as well as lots of information about Renal disease, available treatments and information about diet and medication etc.

It is a very safe and secure system which is updated daily. You will be given a user name and password and can share this with your family if you wish, you may also find it useful to share the results with your GP. If you are away from home or in an emergency you would still be able to access this information if required.

I think there are many benefits to this system and you can see your results the next day rather than waiting until your next clinic visit. Feedback from our patients is very good. If you would like any further information and an enrolment form please contact Renal Outpatients on 01302 642722 or ask to speak to one of the nursing staff at your next appointment.

Debbie Starbuck

Townfield Gala



Townfield Gala

We would love to see you all at Townfield Gala, if you do get the chance to come, please pop along to our stall and introduce yourself.

<p>000001</p> <p>DONCASTER & BASSETLAW KIDNEY ASSOCIATION</p> <p>NAME _____</p> <p>ADDRESS _____</p> <p>TEL No. _____</p> <p><small>Unsold Tickets, Cash, Counterfoils should be returned to promoter by 3 July 2019</small></p>	<p><small>DONCASTER & BASSETLAW KIDNEY ASSOCIATION Registered Charity Number: 1123780 Promoter: DaBKA, 4 Dunnwood Ave, Doncaster, DN4 7JP</small></p> <p>SUMMER PRIZE DRAW</p> <p>1st Prize: 24" TV / DVD combi 2nd Prize: 9" Portable DVD Player 3rd Prize: DAB Radio Plus many more fantastic prizes</p> <p><small>Draw will take place on Sunday 7 July 2019 at Townfield Gala</small></p> <p><small>Registration details: Doncaster Council QuickPrint(UK) Ltd, 23 Prince William Road, Bolton Park, Loughborough, Leics, LE11 5GU Tel: 01509 236987 www.quickprintuk.com</small></p>	<p>000001</p>  <p>TICKETS £1 EACH</p>
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We are once again holding our Summer Prize Draw, tickets are enclosed with this newsletter should you wish to purchase them. There are some excellent prizes to be won!

400th Blood Pressure Monitor Presentation



Chairman Sean Starbuck was pleased to present Kerry Spyve with the 400th BP Monitor at DABKA Christmas Party on 16th December 2018.

Please see page 28 for more Information about our Blood Pressure Monitor Scheme.

DaBKA are very proud of this as it is one of our most successful projects to date.

DaBKA Donates Wheelchairs

DaBKA has donated two wheelchairs to each renal unit, Doncaster, Bassetlaw and Dearne Valley for the comfort of patients getting to and from the patient transport.

The total cost of the wheelchairs was £1126



Further fundraising:

Jamie Knott Memorial Fishing Match

Over 90 anglers fished the Jamie Knott Memorial Match hosted by Woodhouse Grange Fisheries.



Jamie was a founder member of Stainforth and District Angling Association and a big character in angling in South Yorkshire. Jamie had been a dialysis patient for over 12 years before sadly passing away last year.

Jamie and his wife Dawn have supported DABKA for many years by organising many fundraising events at Dunscroft Community Centre.

The day raised £510 for DABKA and match organiser Mark Price said it had been a 'great day and great turn out for a great man'



Congratulations Megan & Paige!

Megan and Paige took part in the 5k run for wildlife at Doncaster Wildlife Park in adverse weather conditions .

They showed great determination finishing the run. Still smiling at the finish line, the girls raised incredible £220.50

Huge well done and thanks girls from all at DaBKA.



Keep us up to date

With the advent of GDPR (General Data Protection Regulations) it is more important than ever that we (DaBKA) be kept up to date with changes in circumstances.

Change of address, change of family circumstances, marriage, divorce etc; are some examples. We do not want to send out things like raffle tickets, Kidney Connections and any other relevant material that is unwanted due to a change in circumstances.

Hospitals, under the same legislation, are unable to give out changed circumstance information to anyone including DaBKA.

Please keep the Association informed of any changes so that our records can be kept up to date.

You can update your membership details by contacting the DaBKA Secretary Denise Holliday by telephone on 07444 281 141 or email at admin@dabka.org.uk or by contacting DaBKA Membership Secretary Malcolm Fielding by email at malcolm.fielding@aol.co.uk or by telephone on 01302 873127.

Thank you.

Malcolm Fielding Membership Secretary D&BKA

Recipe

Spicy Barbeque Chicken

Serves 4

Ingredients

- 4 Chicken breasts, skinned
- 2tbsp Low fat natural yoghurt
- 25g Plain flour
- 1tbsp Red wine vinegar
- 2tbsp Sunflower oil
- 4tbsp Lemon juice
- 1 Garlic clove, skinned and crushed
- 1tsp Ginger root, grated
- 1tsp Paprika
- 1tsp Crushed peppercorns



Method

- 1) Mix the yoghurt, flour, vinegar, oil, garlic, paprika and peppercorns with 2tbsp of lemon juice.
- 2) Make parallel slits in the chicken, about 1cm apart, and sprinkle with lemon juice.
- 3) Place the chicken in a bowl and cover with the yoghurt mixture. Chill for several hours turning occasionally.
- 4) Grill or barbeque the chicken for 10-15 minutes on each side until the juices run clear.

Serve with... boiled potatoes or rice and a boiled vegetable or salad of your choice.

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**



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

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. Monitoring Blood pressure is one important way in which patients can keep track of their health.

We have handed out over 400 blood pressure monitors since we started the scheme around 10 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*

Just for fun puzzle answers

Nonagon Answers:

*Wage wager wagers warning warnings wain wages waning wear-
ing swearing warn wains wining weaning wear wears winger
wingers wean weirs answer gnawing weir wings sewing earwigs
were wring wrings wine swear wigs swing gnaw swine wire swain
wing swan swag answering*

No vowel word search answers:

Y	L	Y	H	S	R	H	Y	T	H	M
S	Y	N	C	H	S	L	L	Y	H	G
S	T	S	Y	R	T	S	N	M	Y	H
H	P	L	Y	S	S	Y	Z	Y	G	Y
K	Y	R	G	Y	Z	S	L	Y	L	Y
H	C	S	Y	L	F	H	R	R	Y	M
L	Y	M	P	H	C	R	Y	P	T	S
H	W	Y	L	S	M	H	T	Y	H	R
L	Y	N	C	H	S	Y	B	Y	L	F
Y	L	Y	R	D	S	Y	N	T	H	S
S	D	Y	R	F	S	H	P	M	Y	N

The list of words reading from top to bottom are;

shyly rhythm synch ghylls trysts hymns sylph syzygy kyrgyzs lyly flysch
myrrh lymph crypts hwyl rhythms lynch flybys dryly synths fryds nymphs

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:

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