



Christmas 2018

Registered Charity Number 1123780



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

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Dates for your diary:

Sunday 16 December

DaBKA Christmas party



The next edition of the newsletter will be published in March 2019

If you have any articles or photographs that you would like to send in, please send them in by 21st February 2019.

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

A chat with the chairman.....

Welcome to our Christmas 2018 newsletter.

I would like to invite you all to our fantastic Christmas Party on Sunday 16th 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.

DaBKA Christmas Cards are on sale in all the local renal units. These are top quality cards and provide us with vital funds for DaBKA.

Our ever popular Christmas Raffle returns again this year with some excellent prizes. Tickets are priced at just £1 and again every single penny made goes direct to DaBKA.

If you or anyone you know would like to sell some raffle tickets or Christmas cards to family, friends, colleagues or know of a retail outlet who would be happy for us to place our cards to sell in their premises, please contact us.

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. Also if there are any events / trips that you would like to attend that DaBKA could help fund again please get in touch.

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 16th December 5pm to 9pm

This year's Christmas party is being held at the Warmsworth Hall (inside the grounds of 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 2018

This years Christmas raffle draw will take place on the 16th of December during the annual party which this year is being held at Warmsworth Hall.

The prizes this year include:

1st Prize:	£100 cash
2nd Prize:	Luxury food hamper
3rd Prize:	Doncaster Rovers Football Club Vouchers

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.

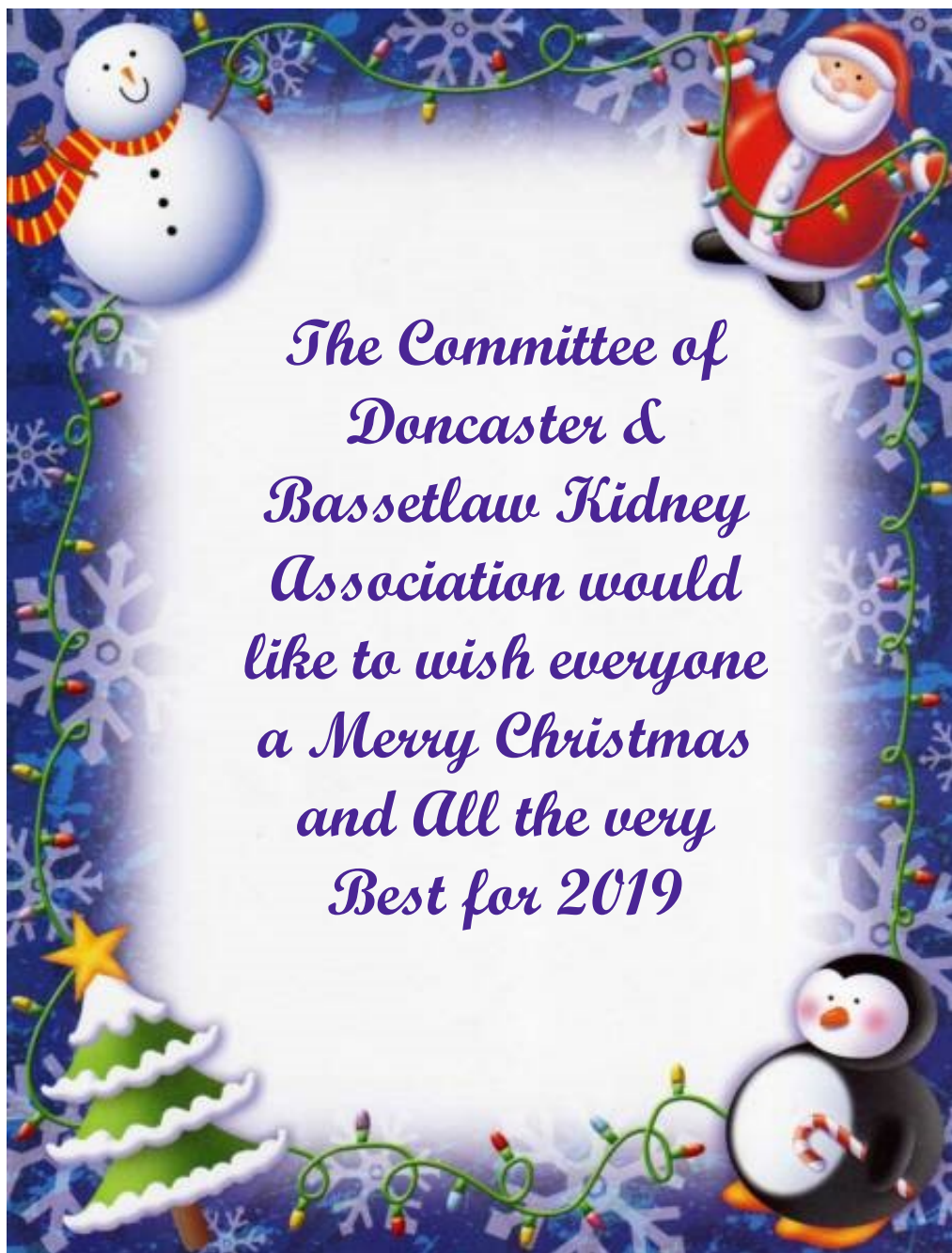
Andy & Mary Wraith

Merry Christmas to all from Captain Kidney



Nonagon Answers

ahem; ashet; atheis; faith; famish; fash; fetish; fish; haem; haf; halk; hake; halim; hast; haste; heat; heft; heist; hest; hike; hist; kesh; khat; kith; mash; mashie; math; mesh; meth; meih; sath; shafi; shake; sham; shame; shea; sheaf; sheik; shifty; shum; smith; tash; theism; thie; this; make shift.



This new puzzle replaces the WORD SEARCH. I hope you enjoy it.

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.

GOOD LUCK!

Malcom Fielding

NONAGON

A	S	K
T	H	E
I	M	F

Gingerbread Muffins

Ingredients

2 large eggs

180ml semi-skimmed milk

6 tablespoons rapeseed oil

115g brown sugar

4 tablespoons golden syrup

450g all-purpose flour

1 tablespoon baking powder

4 teaspoons ground ginger

½-1 teaspoons ground cinnamon

Preparation

Preheat oven to 400°F 200°C. Grease a 12-cup muffin tray or line with paper liners.

In a medium bowl lightly beat the eggs. Beat in the milk, oil, brown sugar and golden syrup.

In a large bowl stir together the flour, baking powder, ginger, and cinnamon. Make a well in the center of the dry ingredients and pour in the liquid ingredients. Stir gently until just combined: do not over mix.

Spoon the batter into the prepared muffin tray. Bake in the preheated oven for about 20 minutes, until golden brown and firm to the touch.

Remove from oven and let the muffins cool in the pan for 5 minutes.



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

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.

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*

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