

Information from the National Kidney Federation – supporting kidney patients, their friends & family

Date: **AUGUST 2017** Issue: **Thirty Nine**

Welcome to the NKF In Touch newsletter for August 2017.

Please forward any articles etc that you would like sharing via the next newsletter to Fiona Bromhead fiona@kidney.org.uk by 10th September.

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Who NKF seeks to influence:

NHS England

NHSBT

NICE

Department of Health

Government Ministers

Welsh Government

Northern Ireland Assembly

Scottish Government

All Party Parliamentary Kidney
Group

Trusts and Hospitals



Action Point

NKF Conference 13th – 15th October – Kidney Patients UK



Conference Sponsors

Have you booked yet?

The conference is fast approaching and proving to be very popular – don't be disappointed, book your place now. Exhibition space is limited we would like to see as many KPA's as possible and are **offering your KPA the opportunity to take exhibition space** where you will be able to display information about your KPA, your activities etc. It will also give you the opportunity to discuss projects and exchange ideas with other KPAs (don't delay - bookings are dealt with on a first come, first served basis).



A quiz follows the Friday evening buffet supper, a bar will be available for further refreshments during the evening, so come along and join in the quiz.... you never know you may win!

The main conference day has a great line up of professional and patient speakers, gala dinner follows the main conference session on the Saturday with a prosecco reception, then a three course meal.

The gala dinner will be followed by a disco so you can dance the night away!

For further information or to make a booking please call 01909 544999, visit www.kidney.org.uk

We look forward to seeing you there.

All Party Parliamentary Kidney Group

Following the General Election NKF is pleased to announce that the All Party Parliamentary Kidney Group was re-formed on 5th July with 102 members. Madeleine Moon MP remains in the chair, however one of the Vice Chairman, Glyn Davies MP has been replaced by Ronnie Cowan MP – all other officers remain the same.

The next meeting will be a special summit called to address the drop in the number of Living Donors – Numbers are limited and attendance will be by invitation only on 22nd November 2017.

Helpline



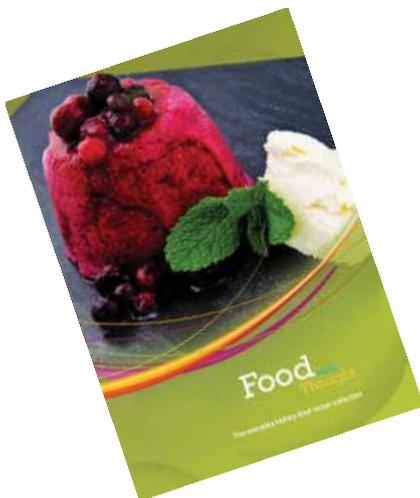
**Great News! Our NKF helpline is now free to call
0800 169 09 36**

Calls are answered directly by our trained Helpline staff between 9am to 5pm Mon-Fri

The NKF runs the only UK helpline dedicated to kidney patients with two fully trained, experienced advisers providing a 5 day per week service to kidney patients, carers and healthcare professions and Renal Units.

FOOD WITH THOUGHT, renal recipe book

Contact the NKF Helpline on our free-to-call number 0800 169 09 36 to get your copy of the “Food with Thought” recipe book. Each recipe states the amount of potassium, phosphate, sodium and calories to help you balance your renal diet. Written by Renal Dietitians this great recipe collection contains light bites, main courses and desserts in full colour, glossy pages.



We don't make a charge for this book but we do have to cover our postage and packing costs of £2.50. You can pay this by sending in a cheque, made payable to the National Kidney Federation, to our postal address at The Point, Coach Road, Shireoaks, Worksop, Nottinghamshire S81 8BW or telephone the Helpline free call number to pay by card.

We also have free Dietary information for patients needing help with the renal diet.

London to Paris cycle ride



I am sure you have seen on the news the Tour de France? But while this was all going on Csaba Papp, from Diaverum Sidcup Renal Unit, was cycling from London to Paris to raise £1,400 for the NKF. A fantastic amount of money and a great achievement to cycle all that way – thank you Csaba.

If you fancy taking part in next year's London to Paris cycle ride and seeing the final stage of the Tour de France please visit the NKF web site <http://www.kidney.org.uk/fundraising/donate-to-the-nkf/sponsored-events/cycling/>

Sign up now for our October Challenge

Choctober 2017



For many kidney patients, chocolate is a treat they have to do without all year round.

Could you take part in the **Choctober Challenge** and give up chocolate for a whole month and raise money for the National Kidney Federation?



NKF Supporting Kidney Patients

Help the NKF continue providing support for kidney patients & carers—say NO to chocolate and raise money for the NKF instead!

If you would like a Choctober fundraising pack please contact Fiona - fiona@kidney.org.uk or by telephone on 01909 544999

Charity No: 1106735

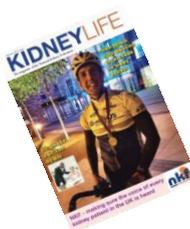
Choctober is back for another year and we would love you to take part. For those who don't know what Choctober is, we ask people to give up chocolate for the month of October – this is to make people aware that most kidney patients cannot eat chocolate any time of the year, so giving up for just one month can't be that hard or is it?

Are you up for the challenge? To sign up just email fiona@kidney.org.uk or call 01909 544999 and we will post out a Choctober fundraising pack.

Please see attached Choctober flyer and feel free to share and display.



Calling All KPA's - Christmas Draw Tickets



Soon the autumn edition of our kidney life magazine will be posted through letter boxes across the UK, this edition contains the NKF Christmas draw tickets but if your KPA would like to sell them to make some money for their selves, we have special tickets that can be sent out where the KPA receives 60% of the sales – these are a different colour to the ones in the magazine and be ordered by calling 01909 544999.

Christmas Cards

We may be still enjoying BBQ's but before we know it Christmas will be just around the corner, so in preparation of the mad rush we have opened our Christmas shop and can be found on our web site at <http://store.kidney.org.uk/>



This year the NKF cards are bigger but still the same price as last year and for the very first time we are offering Christmas cards personalised with your own personal message inside.

Transplant Games

Thank you to everyone that attended the Transplant games last month in Scotland and visited the NKF stand. If you popped into the NKF photo booth and had your photo taken please visit our web site where you can download the photo www.kidney.org.uk



Ben Nevis 2018



The NKF's most popular event has to be Ben Nevis and each year the event fills up fast and people miss out on a place, so with this in mind we are advertising the June 2018 event already.

It's not just a day of walking to the top of Ben Nevis, it's a whole weekend from being picked up from the train station or airport, accommodation for two nights, all your meals, the guided trek on Ben Nevis and your return to the station or airport. It is a weekend to remember and one that many kidney patients have taken part in. For more details <http://www.kidney.org.uk/fundraising/donate-to-the-nkf/sponsored-events/walking/ben-nevis-june-2018/>

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www.kidney.org.uk

The NKF - the largest Kidney Patient charity in the UK
A federation of more than fifty patient charities, supporting kidney patients & carers

NKF (National Kidney Federation)
The Point, Coach Road, Shireoaks, Worksop, Nottinghamshire, S81 8BW
Charity No 1106735 Company No 5272349 Reg. in England & Wales Give as you earn contributions No CAF.GY511

