

NKF In Touch

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

Date: **August 2016** Issue: **Twenty Seven**

Welcome to the NKF In Touch newsletter for August 2016. We hope you are all enjoying the summer, please forward any articles etc that you would like sharing via the next newsletter to Stephanie Scott stephanie@kidney.org.uk by 12th 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 7th – 9th October – CHANGES?



Have you booked yet?

Conference Sponsors

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 of meat and potato pie with mushy peas, lasagne, chips and salad and vegetarian lasagne. There will be a selection of cakes and fruit for dessert and tea and coffee will also be served. 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!



A gala dinner follows the main conference session on the Saturday with a prosecco reception, followed by a menu of:-

Starter

Trio of Melon

or

Chicken Liver Pate.

Main Course

Roasted Chicken fillet, fondant potatoes and seasonal vegetables

or

Tempura of Sweet & Sour Vegetables accompanied by soft noodles (vegetarian option)

Desert

Lemon Roulade for dessert

Tea or coffee

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 or use the attached booking form.

We look forward to seeing you there.

 **Information**



NKF - National Kidney Federation are holding an open day at their Head Office at The Point on Coach Road, Worksop on Thursday 8th September from 10am until 4pm to help raise awareness of Kidney Health and Organ Donation.

It is Organ Donation week Monday 5th – Sunday 11th September a campaign NHS Blood and Transplant are running to promote organ donation. The NKF is

determined to increase the number of transplant operations in the UK and to provide greater choice and improved quality of life for all kidney patients.

Come along and join us:-

Meet the Team

Visit the National Patients Helpline

Free blood pressure and diabetes checks

Speak to the Citizens Advice benefits advisor

Visit the NxStage dialysis campervan

Plenty of freebies including refreshments

Raffle & so much more

Please help us increase awareness of kidney health and organ donation.

If you would like to know more please call 01909 544999

or email nkf@kidney.org.uk

NKF, The Point, Coach Road, Shireoaks, Worksop, S81 8BW

KPAs please let your members know, it would be a shame to miss it!



Life For Kids Cycling Tour

Transplant Sport are supporting this Donor Awareness event, being organised by Dutch double lung transplant, Andre, who is cycling from Amsterdam to Malaga, via London! He arrives in the UK on Thursday 8th September, and is looking for transplant children, adults and TS families who would like to cycle with him anywhere on the cycling route between Dover and King's College Hospital, London or between London and Newhaven. On arrival at King's on Monday the 12th, there will be presentations followed by a buffet. If you would like to be involved please complete the form at bit.ly/Lifeforkidsform. Options include meeting and greeting Andre at Dover, cycling, providing an evening meal on route, sponsoring cyclists per mile, providing back up car, attending meeting at King's etc. If you need more information please contact Lynne Holt at l.holt@transplantsport.org.uk.

approx times		
Thursday 8 th September	12:00	Arrive in Dover ferry port
	12:00 – 13:00	Cycle 10km to Hawthorn Farm, Campsite Martin Mill, Station Road, Dover, CT15 5LA
Friday 9 th September	09:00 – 18:00	Cycle 70km from Dover to Faversham, Painters farm, Painters Forstal, Faversham, ME13 0EG
Saturday 10 th September	09:00 – 12:00	Cycle 40 km to Abbey Wood Caravan Club site, Federation Road, London, SE2 0YW
Sunday 11 th September		Rest day
Monday 12 th September	09:00 – 12:00	Cycle 10km to King's College Hospital, Denmark Hill, London, SE5 9RS
	12:00 – 13:00	Presentation in King's College Hospital
	13:00 – 18:00	Cycle 30 km to Ashwood Farm Camping, West Hoathley Road, East Grinstead, RH19 4NE
Tuesday 13 th September	09:00 – 18:00	Cycle 60 km to Alfriston Camping Park, Pleasant Rise Farm, Alfriston, BN26 5TN
Wednesday 14 th September	06:15 – 07:00	Cycle 10 km to Newhaven Harbour to catch ferry to Dieppe



The charity Transplant Sport & The British Transplant Games have been in existence for over 30 years. Developed by the Transplant Surgeon Maurice Slapack in 1978 the Games was originally an international event welcoming teams from France, Greece and even the USA, today the British Transplant Games see teams from hospitals across the UK come together to compete. Many athletes also go on to take part at the World Transplant Games.

The Games help deliver Transplant Sports aim to demonstrate the benefits of transplantation whilst increasing public awareness of the need for more people to join the NHS Organ Donation Register and discuss their wishes with their families. They have been staged annually since 1978 in cities across the UK. The 2016 Games was held in Liverpool 21st – 28th July

This is a **very personal account of our first visit to the Transplant games.**

When our granddaughter decided to take part for the first time in the Transplant games we immediately decided that we must go to Liverpool to support her. As we were already attending John agreed to represent the NKF and man the stand on the Sunday. There was a steady stream of visitors to the stand throughout the day which kept us reasonably busy for the whole day.



We attended the launch of the Thunderclap initiative and enjoyed the talks of all the speakers – Sir Roy Calne, Mr Maurice Slapak and Angela Dunn who had her transplant 46 years ago.

We had heard so much about the friendliness of all who attend the games, the wonderful atmosphere and the bravery of the competitors who have all faced life-threatening problems. However we found the experience much more profound.

The parade along the Liverpool waterfront of all the participating teams to the amazing opening ceremony in the Exhibition Centre, was very moving as many people turned out to watch and were cheering and waving all along the route.

The ages of competitors range from under five to seventy plus and the range of competitions is extremely diverse – from fishing, to bowls, athletics, darts and ten pin bowling along with many more, too numerous to mention.



We were privileged to meet members of both the donor families and live donors which was both a humbling and emotional experience.

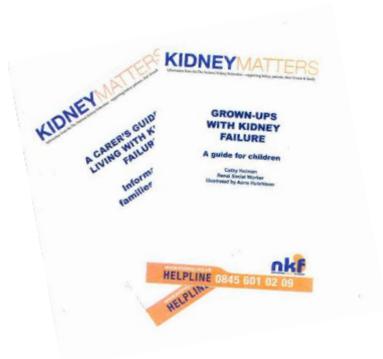
The event ended on a high note with the gala dinner with entertainment provided by the Cheatles a Beatles tribute band.

John Burdett (member of NKF executive)
& Jacky Burdett (Secretary Northamptonshire KPA)



NKF HELPLINE

INFORMATION FOR CHILDREN AND CARERS



When someone in the family becomes ill it is often difficult for family members to know what to do for the best. It is particularly difficult for the children of the family.

The NKF Helpline can offer some useful information leaflets to help explain kidney failure. 'Grown Ups with Kidney failure' and 'A Carer's Guide to Living with Kidney Failure' are available from the

NKF Helpline on 0845 601 02 09



NKF Fundraising



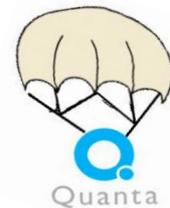
Massive congratulations to Zoe McGuirk and Keith's Blue Moons for raising over £10,000 since 2012!! – Zoe works tirelessly to raise money for kidney patients despite having a young family and a father who is also a kidney patient. Everyone at the NKF would like to thank you, your hard work is very much appreciated and the money that is raised really does help with our work supporting kidney patients across the UK.



Quanta Dialysis Technologies takes to the sky



Eight Quanta team members will be doing tandem skydive on 14th August 2016 to raise money for the National Kidney Federation. They have decided to take the plunge since Maddy Warren, a home haemodialysis patient herself for 18 years and



Quanta's Patient Advocate, shared her story of doing a tandem skydive two years ago, subsequently qualifying as a solo and formation skydiver and completing over 200 jumps.

Whilst they are not promising that they will take up solo jumping anytime soon, they will be falling through the sky from 13,000 feet at speeds of up to 120 mph before admiring the beautiful Oxfordshire views as they glide back to Earth under a canopy. The best bit is they have raised over £4,000 for the NKF so far – thank you so much from everyone here at the NKF.

Kidney Life



Any time now the latest edition of Kidney Life will be dropping through your door, as well as lots of interesting articles it will contain the Christmas draw tickets there are ten 10 prizes up for grabs! Also in this edition you will find the 2016 Christmas card brochure packed full of cards, gift wrap and money wallets for you to order.



If you don't subscribe to our free Kidney Life magazine and you would like to be included in the mailout email nkf@kidney.org.uk we will send you a copy and add you to the list.

Please join the **Choctober Challenge** 2016



As many kidney patients have to give up chocolate for 'life' the **Choctober Challenge** is just one way to show your support by giving up chocolate for 31 days during the month of October and sending what you would have spent on chocolate to NKF.

Help raise awareness to kidney health!

Help raise awareness of organ donation! Taking part in the challenge isn't just about raising money - it spreads the word NKF are here to help!

It is **Choctober's** third year; last year saw an increase in the number of **Choctobian's** taking part and the income generated doubled from the previous year to more than £9000! Many had taken the challenge a second time! Some with family and some with work colleagues. We have had reports of weight loss and feeling a great sense of achievement.

Please show your support for kidney patients, together we can make it even better! Tell your friends and family about the **Choctober Challenge**- surely it's no big deal living without chocolate for just one month! Is it? Remember for many they have to give it up forever!

Please email nkf@kidney.org.uk for your **Choctober** fundraising pack or call 01909 544999



JustGiving Awards 2016

Please vote for us

<https://www.justgiving.com/awards/2016/charity/>

If you or your family would like to take part in an event for the NKF please contact our fundraising office on 01263 722287 or email pete.revell@kidneynkf.com where you will get full support – we also have an A to Z of fundraising ideas on our web site www.kidney.org.uk/fundraising/donate-to-the-nkf/sponsored-events/organise-an-event

Should you wish to unsubscribe to this newsletter please email nkf@kidney.org.uk

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 CAFGY511

