

# NKF In Touch

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

Date: **March 2016** Issue: **Twenty Two**

Welcome to the NKF In Touch newsletter for March 2016.  
Please forward any articles etc that you would like sharing via the next newsletter to Stephanie Scott [stephanie@kidney.org.uk](mailto:stephanie@kidney.org.uk) by 11<sup>th</sup> April



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## Who NKF seeks to influence:

NHS England  
NHSBT  
Department of Health  
Government Ministers  
Welsh Government  
Northern Ireland  
Assembly  
Scottish Government  
All Party Parliamentary  
Kidney Group  
Trusts and Hospitals



*Action Point*

**NKF KPA Day (including AGM and Council meetings) – 2<sup>nd</sup> April – Arden Hotel Birmingham.**



**BOOK NOW to avoid disappointment!**

**Bookings close in 1 week**



**Completed booking forms must be returned to the office by Monday 21<sup>st</sup> March – (booking form attached)**

## Annual patients' conference 2016

This year's annual patients' conference is already proving to be very popular! On line booking facilities will be available soon. However, bookings can be made over the telephone or by completing and returning the attached booking form with payment to NKF, The Point, Coach Road, Shireoaks, Worksop S81 8BW. Cheque made payable to NKF

More information and a booking form will be in the May edition of Kidney Life.



### 'Changes?'

## NKF Annual Patients' Conference

### Hilton Blackpool Hotel

### 7th—9th October 2016



There will be a 2 course supper with tea or coffee around 7pm on the Friday evening followed by a quiz.

The programme on Saturday has a wide range of speakers from professionals to patients, with the theme and title being Changes?

There will be a three course gala dinner on the Saturday evening with a pre dinner drink included, followed by a disco.

Sunday morning will see the NKF Council meeting then a Benefits Workshop.

This workshop will provide up to date information and the audience will be able to ask questions.

To book your place, or for further information please call 01909 544999.

	Cost
Friday Supper	£16
Friday Double	£103
Friday Single	£91
Saturday Double 24 hr (inc Gala Dinner)	£225
Saturday Single 24hr (inc Gala Dinner)	£135
Gala Dinner	£31
Day Delegate	£50

#### Location

Hilton Blackpool hotel, overlooking the sea and famous Promenade. The hotel is 20 minutes' drive from Blackpool International Airport and 5 minutes' drive from North Station. Blackpool Pleasure Beach, Blackpool Tower and the zoo are within easy reach.

**Plunge into the Hilton Blackpool hotel's indoor pool or relax with a massage in the health club.** Overlooking the beach and Promenade, Blackpool Pleasure Beach is 2.5 miles away.

Please complete and return the attached booking form with payment to NKF, The Point, Coach Road, Shireoaks, Worksop. S81 8BW  
Cheque made payable to NKF

## STOP PRESS!

Kirit Modi - National NKF Chairman for two years commencing 2013, had another kidney transplant last week. Kirit stood down one year before his three year maximum term expired due to his first transplanted kidney beginning to fail. Kirit was within one week of commencing PD when this call offering a second kidney came.



## *Jamie Oliver Low Phosphate Recipes*

Check out Jamie Oliver's low phosphate and no meat recipes. Recipes can be found by following the links below

### Delicious Squash Daal – (Special fried eggs and poppadoms)



229.5mg per portion in phosphate

[www.jamieoliver.com/recipes/vegetables-recipes/delicious-squash-daal/#qfqaHhJkmBJHTAqT.97](http://www.jamieoliver.com/recipes/vegetables-recipes/delicious-squash-daal/#qfqaHhJkmBJHTAqT.97)

### Spelt Spaghetti = 50.1mg per portion in phosphate

[www.jamieoliver.com/videos/spelt-spaghetti-recipe-from-my-new-book/#5tmsdvAE6L2i8q0x.97](http://www.jamieoliver.com/videos/spelt-spaghetti-recipe-from-my-new-book/#5tmsdvAE6L2i8q0x.97)



**Helpline – 0845 601 0209**

## KIDNEY FRAUD

The NKF Helpline are receiving a high number of calls from the ethnic minority sector who are being misled into believing that they can register to sell their kidney for transplantation in the UK. A doctor appears to be using the name of the National Kidney Federation to ask potential donors to send him £200-£300 in order to join the register whereupon they will be paid for their organ when a suitable recipient needs it.

The NKF has reported this illegal scam to the Action Fraud Department and the matter is being looked into by the Police. This “doctor” is claiming to work for the Royal London Hospital and St. James Hospital and is issuing registration forms bearing the logo of the NKF.



# NKF Fundraising

## World Kidney Day



**Thank you** to everyone who took part in World Kidney Day activities. This year has been very busy with people holding awareness stands at their local renal units and hospitals.

Also a special thank you to Diaverum and Fresenius renal units who held events to raise money for the NKF. Perhaps you have photos we may be able to share with our Kidney Life readers?

## NKF Draw



By now you will have received your spring copy of Kidney Life and draw tickets with the chance to win £1,500, 20 prizes of £25 and a weekend for two at our October NKF conference! Remember you've got to be in it to win it! Good Luck!

Thank you to those of you who have already sent ticket stubs back and a special thanks to those who added a donation. If you would like more draw tickets or did not receive any, please call 01909 544999. Please remember to inform the office if you have or are about to change your address.

## KPA Day – Kidney Health Campaign to be launched!

We are really looking forward to seeing you in Birmingham for our KPA day on Saturday April 2<sup>nd</sup>

Pete Revell our Head of Fundraising will be launching a kidney health campaign on the day, this will highlight kidney disease to the general public and an opportunity for KPA's to make money!



## Events



**Thank you** to Dan Mosley and his mate Dan Jones who this month took part in St David's Day 10k run and Karen Dorricott who also completed a 10K run to raise money for the NKF. Donna Rogers held a fashion show in Cambridgeshire and raised an amazing £1,035! **Thanks Donna**

Dan Jones – Daniel Mosley

**Thank you** to Zoe McGuirk who held a Swishing night at St James Parish Hall, Heywood on March 12<sup>th</sup> it is the fourth year Zoe has organised this, with each year growing in popularity. To date Zoe and her team have raised an amazing £6,561!

Zoe's father is a kidney patient; a few weeks ago he received a kidney transplant. We wish you a speedy recovery Keith!



Good luck to everyone taking part in events this coming month.

Don't forget if you would like to take part in an event or organise a fundraiser please contact the fundraising office on 01263 722287 or email [pete.revell@kidneynkf.com](mailto:pete.revell@kidneynkf.com)

**We now have a very simple way to donate, it takes just two minutes!**



Click on our donate buttons at [www.kidney.org.uk](http://www.kidney.org.uk)

Donate via **CAF**

or

Donate with **PayPal**

[www.kidney.org.uk](http://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

