

# Renal Recipe Swap at Tate Exchange



Selina's Fish Curry: Recipe by a patient on the Renal Ward, Royal London Hospital  
Recipe writer and food photographer: Kerstin Rodgers aka Ms Marmite Lover

Sat 4. March 2017, 12:00 – 18:00

Sun 5. March 2017, 12:00 – 17:00

Tate Modern, Switch House, 5th floor  
Bankside, London SE1 9TG

Join Vital Arts and Central Saint Martins for a weekend exploring the challenges and possibilities of a restricted renal diet. Throughout the weekend we will be working on an animation that brings the cooking tips of a dialysis patient to life. We will also showcase recipe cards created by the patient community at the Royal London Hospital, as well as provide a friendly environment to exchange tips and ideas on how to create flavoursome meals within the limitations of a renal diet.

People on dialysis, their friends and their families are particularly welcome!

We are planning to progress this project into a **Community Dialysis Cookery Book** – so we are very interested in meeting potential partners; chefs, publishers and sponsors.

## BACKGROUND

Dialysis is the treatment people undergo when they have suffered kidney failure. Patients on dialysis have a very restricted diet. They need to avoid foods with salt, potassium and phosphate. This includes numerous everyday ingredients including many fruits and vegetables. Patients have told us it is difficult to prepare flavoursome meals. People from ethnic minority groups are at greater risk of developing kidney failure and yet there are no culturally diverse cookery books available.

Barts Health NHS Trust serves approximately 1300 dialysis patients from a great variety of ethnic backgrounds. Individual patients know how to adapt their own cuisine to the requirements of their limited diet. Vital Arts and Central Saint Martins are interested in creating platforms to share the dispersed culinary knowledge of this diverse community amongst themselves and other renal patient groups.

## WHO WE ARE

Vital Arts is the arts organisation for Barts Health NHS Trust, charitably funded to deliver arts projects for the wellbeing of patients, staff and the wider hospital community. We work in partnership with medical staff and cultural organisations to devise and deliver site-specific art projects and creative programmes that support medical goals, enhance the clinical environment and improve patient wellbeing.  
[www.vitalarts.org.uk](http://www.vitalarts.org.uk)

Central Saint Martins (University of the Arts London) is one of the world's leading centres for art and design education. This project is led by Graphic Communication Design lecturer Luise Vormittag who is working with MA Graphic Communication Design students Eva Afifah Rd, Savannah Bader and Daniela Barbeira on the event at Tate Exchange.  
[www.arts.ac.uk/csm](http://www.arts.ac.uk/csm)

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