



Gloucestershire Kidney Patients Association

Newsletter April 2019

This is our second newsletter and we hope you found our first one interesting and informative.

The last three months have been a busy and eventful time for GKPA. We've held three events, updated the membership list and financial accounts and are ready for the AGM so we can start a new year.

This time as well as information, June and John Brodie have given us an account about their holiday in Norway, an inspiring read.

EVENTS

1. World Kidney Day

We held two events, the first in the Atrium at Gloucestershire Royal Hospital and the second in Kings Walk Shopping Centre, Gloucester. Both were very successful, lots of interest and a total of 18 new members. Definitely worth repeating next year.

2. Patient Information Day

This event was held on 9th April at Oxstalls Sports Centre.

The day consisted of a Drop-in event from 10.30 to 2.30 with display stands from the Renal Team, dietician, pharmacy, PD, haemodialysis, and Home Therapies. We also had information stands from Kidney Care UK, Kidney Research UK and of course GKPA.

Two of the consultants, Dr Preetham Boddana and Dr Madhu Potluri attended in the morning and their presence was greatly appreciated.

The patients who came found it helpful and the atmosphere relaxed so they could ask questions and discuss any fears and problems they had.

We will be discussing this event with the hospital staff to decide how to repeat it.

We'll let you know what happens.

Membership

We've updated our membership records because of new data protection regulations. The NKF now have the updated list so they will now send out Kidney Life magazine to everyone on that list. If there are any problems with receiving the magazine please let us know, contact details at the end of the newsletter.

We now have most our membership on email, thank you to everyone who gave us their email. It will save us a lot of money and also make it easier to contact you.

Don't worry if you haven't got email we will still contact you by post.

Calling anyone with PKD willing to talk to another member who just joined and who would appreciate a chat. Contact GKPA and we will put you in touch.

AGM

The AGM will be held on Thursday 23rd May 2019 at Oxstalls Sports Centre. Notice of AGM and a nomination form are with this newsletter.

The existing committee are all willing to stand again except for our vice-chairman, Rosanne Cole who unfortunately can't continue.

Thanks to Rosanne for her help and support during the last six months.

This year has seen a lot of changes and we have been encouraged by all the support from the Renal Team at the hospital and the membership. We have ideas for next year and we would welcome any suggestion from you about what you would like to see us doing.

We are looking for more people for the committee and if anyone who would like to join the team please fill in a nomination form and return it by 3rd May.

Contact details at the end of the newsletter.

Holidaying on PD – Why did we worry?



We have just returned from the most amazing holiday which we didn't think would be possible.

Since retiring 7 years ago, we have enjoyed travelling and especially cruising. We have done 8 cruises and many weekend breaks to European cities and planned to do so much more. I have been attending the hospital outpatients for many years with chronic renal failure but wasn't prepared for what happened next, the slap in the face news that I was to start dialysis. I decided to do Automated Peritoneal Dialysis, APD, at night which would free up my days. It was a complete change of life at first with so much to take on board, so much to learn and where would we store it all? The staff at the Peritoneal Dialysis unit at Gloucestershire Royal Hospital were fantastic, so helpful and so patient. Everything went smoothly and a couple of months later we wondered why we worried, everything became second nature and I got my life back.

We hadn't been on holiday for 18 months and were desperate to get away, but it seemed impossible until we talked to the coordinator and nurses at the hospital, maybe we really could do this! After getting agreement from the consultant, we booked a once in a lifetime winter cruise to Norway with the hope of seeing the Northern Lights. We booked P and O departing from Southampton which seems the best choice as we didn't have to fly.

There was a lot of preparation but with the help of the hospital, Baxters and my wife's many lists we found that anything is possible. The hospital advised that I change to CAPD for the 2 weeks, meaning

I took less equipment and didn't need to take my machine but it did mean dialysis 4 times a day and working around some of the trips booked. We worked out a plan in advance with the nurses, that was really helpful. Going by car to Southampton was best, we didn't have to worry how many suitcases we took and we took a few especially with all the winter clothing!!

I checked with Baxters that the fluid had been delivered at the port the day before we travelled. That was the biggest worry but again all was well and we needn't have worried. When we boarded the ship, the fluids had already been loaded and the steward delivered them to our cabin. Where were we going to put them all? They had done all this before and put them in the wardrobe and under the bed, we didn't have to lift anything. I did my first dialysis and we started our holiday.

We had an amazing time stopping at 4 destinations, crossing into the Artic Circle, fantastic scenery both on land and from the sea. We went snowmobiling in beautiful scenery and temperatures of -17, Huskie sledging in a snow blizzard and were really lucky to see the Northern Lights not once, but three times. This really was an amazing holiday but to manage dialysis throughout and cope as well as we did was nothing short of incredible.

We really didn't think 12 months ago that we would be able to travel again but with preparation, many lists and a we can do this attitude anything is possible. Why did we worry!! Go for it.

John Brodie

What an amazing holiday, just shows what you can do.

Thank you for your support and looking forward to meeting people at the AGM

Have a good summer.

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