



## Newsletter December 2019

**Merry Christmas and Happy New Year to all our members**

This is our last letter for 2019 which has been a very eventful year for GKPA. In the last year the new committee has rescued the charity and it now has a firm foundation to build on for the future.

### **Leaflet and Website**

We have now produced a new leaflet which we are proud of. It is eye-catching and sums up what we want to do to help Kidney patients and their families. It is displayed in the outpatient clinics and on the wards at Gloucester Royal Hospital and at Cheltenham as well. It's also in all three dialysis centres.

We have also tried to reach patients who don't come to the hospital by displaying them in GP surgeries. We haven't covered all the surgeries yet so if anyone would like some to put in their own surgery please let me know.

The website is almost finished and ready to go live, hopefully before Christmas. We let you know as soon as it is live.

We would appreciate your comments on the website and let us know if there's anything you would like us to include.

### **Patient Information Event**

We held our second Patient Information in October. This was a drop in event with stands from medical staff, GKPA, Kidney Care UK and Kidney Research UK. It was a chance to talk informally with the staff and other kidney patients.

Three of the consultants, Dr Tom Pickett, Dr Madhu Potluri and Dr Jim Moriarty attended.

There were displays from the Renal team on PD and haemodialysis and a chance to talk to Sue Dawe, Dietician and Rachael Edge, Renal psychologist.

We also had Diane Evans, Transplant Co-ordinator from Southmead Hospital.

Thank you to all the staff who supported us and helped to make this a successful event.



## Donations

We are pleased to tell you that GKPA is the Gloucester Charity Skittles League Nominated Local Charity for 2019-2020.

Throughout the season they collect money from fines and from the 100 teams registration fees. In August we will be presented with a cheque at their AGM.



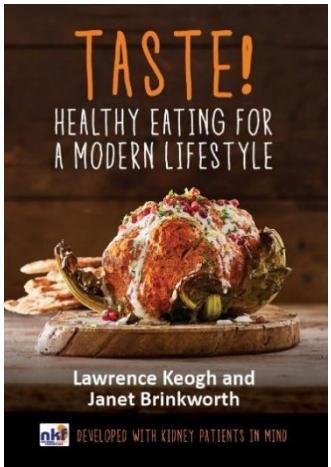
Thanks also to Liam Ward of NIG-FarmWeb who nominated us to receive a donation of £200 from the profits of their office tuck shop



## NKF Annual Patient Event 2019

Three of us attended this event and found it interesting and very useful to meet other kidney patients. We met other people from other KPAs and exchanged ideas about how we can help our members. I have written a report about the event, if anyone is interested in reading it please let me know and I will send it to you. There is also an article in the new Kidney Life magazine and on the NKF website.

The NKF has a brand new cookbook from chef Lawrence Keogh and home economist Janet Brinkworth. 128 pages packed full of 60 recipes, all designed with the kidney patient and their families in mind.



Just £7.50 to NKF supporters. You can order your copy from

[www.kidney.org.uk](http://www.kidney.org.uk) or phone 01909 544999

## Patient Holiday

In the Autumn a week holiday was booked for 6 haemodialysis patients and their partners at Durley Grange Hotel in Bournemouth. It was a very enjoyable event as you can see from the photo.



## Display Stand at Gloucestershire Royal Hospital

During September and October we had a display stand at the hospital on Mondays while the Renal Clinic was on. It was great to meet people and hope it was helpful to find out what we've been doing.

Thank you to everyone who stopped to talk to us.

We will be there again in the New Year. If anyone would like to help at the display stand please contact us.

## Coffee and Chat

We held our first Coffee and Chat at Tesco's in Gloucester. It was very successful and about 25 people came. Everyone enjoyed the free coffee and biscuits provided by Tesco and enjoyed chatting with other kidney patients and their families. We hope to have another next year.



## What Do Renal Dietitians Do?

We are a team of 6 dietitians who work with the kidney consultants at Gloucester Royal Hospital (GRH). If you are a kidney patient here, you may be aware of the things we do at GRH, but here is a little reminder.

- We provide friendly group sessions for any patient who is in the early stages of kidney disease. In these sessions we encourage you to share your experiences and aim to help you make some positive changes to your diet and lifestyle. Some of the topics we cover include:
  - What kidneys do
  - Role of the dietitian in kidney disease
  - Nutrition in kidney disease
  - The Eat Well Guide & food groups
  - Salt intake
  - Food labels
  - The benefits of and ways to increase physical activity
- We can also help with food and drink choices if:
  - you are worried about loss of appetite and/or weight loss
  - your blood potassium and phosphate levels are higher than normal
  - you have been advised to reduce how much you drink
  - you have been told you have kidney stones
- We also produce several dietary leaflets to help you make the right food and drink choices for your level of kidney disease
- If you have been advised to follow a “low potassium” diet, we can offer to help you make the right choices at Christmas time.



advice

If you have any queries, would like to attend one of our group sessions or would like more information, please don't hesitate to contact us at GRH on 0300 422 6847.



Thank you all for your support during the year. We are looking forward to the coming year and want to know what you would like your KPA to be doing. If you have any ideas, please contact us. Details below

Email [gloskpa@gmail.com](mailto:gloskpa@gmail.com)

Phone 01452 311199

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