

Caption Competition - Win £25 M&S Vouchers
 Think of a caption for this photo and win £25 of M&S Vouchers. Best caption will be chosen by the NIKPA committee and printed in the next newsletter.

Caption: _____

Name: _____

Address: _____

Phone No: _____

How to Enter:

Competition closes November 30th, 2007
 Post you entry to: NIKPA Caption Competition, 58 Kernaghan Park, Annahilt, Co. Down. BT26 6DF OR email your answer to info@NIKPA.org



I don't care what day it is.
 Four hours is four hours.

Donations to NIKPA

If you wish to make a donation to NIKPA funds, please send a cheque made payable to NIKPA, to our treasurer Mrs. Linda McDowell, 58 Kernaghan Park, Annahilt, Co. Down. BT26 6DF. NIKPA wishes to offer it's sincere thanks for recent kind donations from the following; Tommy & Jean Wilson & family - Sion Mills; James Gormley - Toombridge and Anne Corr - Sixmilecross.



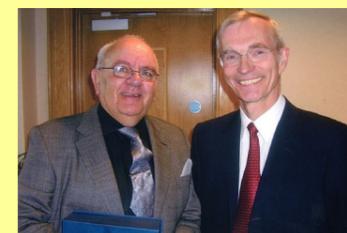
NIKPA Newsletter



Northern Ireland Kidney Patients' Association

www.NIKPA.org

Autmn 2007



Farewell to Founding Members

Dr Ciaran Doherty MD FRCP FRCPI, President of NIKPA and Consultant Nephrologist at BCH, presents plaques to Micheal Logue and for Rodney Curry in recognition of their long and valued service to NIKPA and Kidney Patients in Northern Ireland. (Left: Michael Logue with Dr. Doherty) (Below left: Dr. Doherty, Isabel Curry [on behalf of Rodney Curry], Lorna Walker)

A Message from Micheal Logue

You may have heard that things have been changing within the Association over recent months. Rodney Curry and I have decided to stand down as Chairman and Treasurer respectively. We both felt that N.I.K.P.A would benefit from our replacement by new people with fresh ideas who could rejuvenate the organisation. I have been watching developments and have been most impressed by the way in which the new Chairman, Colin Thompson, with his new team, has already planned an exciting future for N.I.K.P.A. I wish them every success in their work. To you, our readers and members, I offer sincere thanks for your support over the past years. I commend your continuing loyalty to the Association, and I trust that your future will be all that you wish.

Michael Logue.



From the Chair

Hello Everyone

I am delighted to write my first article for the N.I.K.P.A. Newsletter as Chairman of the Executive Committee, having been elected at the AGM in June.

I would like to start by thanking the outgoing Chairman, Michael Logue, who has retired from the position after many years of hard work and input on behalf of N.I.K.P.A. members. Michael, a founding member of the Association will continue to be a member of N.I.K.P.A and will continue to support the committee with his experience and expertise.



Thanks must also go to Rodney Curry and his wife Isabel as mentioned in our last issue and also to Joyce Ferguson for her sterling work in organising many of the N.I.K.P.A. social functions over the years.

Can I take this opportunity to welcome new committee members to their posts and to thank both them and the existing committee members for their support to date.

N.I.K.P.A. is committed to bring significant benefits to its members and we hope to communicate these benefits to our members through our website (www.NIKPA.org), Newsletter and future social and educational events.

Over the next 12 months the committee including myself hopes to visit all the dialysis units in Northern Ireland and to speak to as many of you as possible.

Remember N.I.K.P.A. is your Association. In order to develop N.I.K.P.A. we need your input. We all have a part to play and we would be grateful if you feel you can help or support us in anyway. In this respect please feel free to contact any of the committee members.

In the meantime can I wish you a happy and healthy forthcoming Christmas and a prosperous New Year.

I look forward to meeting as many of you as possible in the near future.

Regards from Colin Thompson

What's Been Happening !

The NIKPA LIFE-CYCLE



NIKPA's William Johnston (A Home haemo dialysis patient) is currently planning a Tandem Cycle around Northern Ireland, stopping off at each of the main Dialysis Centres. We hope to run the event in July 2008 to coincide with 'Transplant Week'. The event has a number of aims and objectives which include; Increase Organ Donor Awareness, raising funds and the greater inclusion/involvement patients at each of the dialysis units. We hope to involve some celebrities along the cycle route to ride in tandem with William (If you know any celebrities who can be persuaded to help – please let us know).

We would appreciate any support you can give us from your unit along the route. Whether you are a patient, a doctor or a nurse we would be delighted if you could get on your bike and join us for part of the journey. If anyone can help with transport, road support or use of a camper van please get in contact. LIFE-CYCLE contact : William Johnston Tel: 028 9127 1312 or email him at william@NIKPA.org

Transplant Information Event 2007

On Sunday April 22nd an information event took place in the Ramada Hotel. Information was provided on all aspects of kidney disease. Exhibition stands were manned by Renal staff , other interested parties and of course N.I.K.P.A.

Presentations were made from the Renal Education team, the Northern Ireland Kidney Research team and of course N.I.K.P.A. This was done by Orla Smyth and she clearly outlined the Associations achievements and our goals for the future. The success of her talk was obvious from the large number of kidney patients and their families who joined the Association during the break for refreshments. Our team of Linda, Stella and Orla were kept very busy with enquiries, ably backed by Rod and Therese. We were delighted to welcome Michael and William onto the Executive Committee and really look forward to their valuable experience in the days ahead.

There then followed a question and answer session with a panel of renal experts from the City Hospital, as well as a brother and sister. The brother donated a kidney to his sister and they talked about their experiences. Many relevant issues were discussed by all involved.

Certainly a very informative day and a very successful one for N.I.K.P.A.

Therese Smyth

NIKPA AGM

On Sunday, June 17th the NIKPA AGM took place at the Ramada Hotel in Shawsbridge. There was an excellent turnout. The meeting was also attended by NIKPA President Dr. Ciaran Doherty, Consultant Nephrologist at Belfast City Hospital.

A very interesting talk was given by Mr Michael Connolly on NIKPA's desire to set up patient-run focus groups at each of the dialysis sites throughout Northern Ireland. The idea being that Local Focus Groups would concentrate on local issues while, NIKPA being an umbrella group, would concentrate on supporting the focus groups and representing the wider issues of kidney patients in the region. If you have a local group or want to set-up a focus group NIKPA want's to help you and would ask that you get in touch with us.

The new committee was elected as follows :-

Chairman: Colin Thompson, Vice Chair: Therese Smyth, Secretary: Stella Officer, Treasurer: Linda McDowell, Legal Advisor: Orla Smyth, Consultant/advisor: Michael Logue, other members: William Johnston, Rod O'Doherty, Gina Moss

What do kidney patients want and need ?

The patient's view of how to improve their health and quality of life.

My partner Neill and I, along with Peter and Margaret Mc Keown, attended the above event which was organised by Dr Faieza Qasim, FRCP, PHD, Consultant Nephrologist, colleagues and patients from Manchester. This was supported by BTS and UKT and financially by a grant from The Astellas Foundation all of which I would like to thank for their generous support for this event.

The day started with a welcome from Dr Faieza Qasim who thanked everyone for attending, then introduced Professor Steve Powis, Professor of Nephrology, Royal Free Hospital, London, who gave a very interesting and informative talk on transplantation, past present and the future. There was a slide show which started from the very beginning, the first twins in America to be transplanted up until the present with different graphs showing how the success rate has risen, the latest research in renal medicine. Then we had some patients give a talk on their experiences of transplantation, (the good, the bad and the ugly) One patient talked about a live donor kidney from a family member, how they found it all quite emotional. Another talked about transplanted their kidney rejecting and having to go back on dialysis - then receiving another kidney – and the worry it will happen again.

After the morning break we were then split up into four different workshop groups, comprising of three for transplant recipients and one group for carers, partners and family (which I thought was a very good idea). There was a spokesperson for each group who took notes of what was going on. The main topic in my group was the emotional side of having a transplant. Getting a normal life back again after being so low on dialysis. For some, maybe losing your confidence, also the other health problems we can endure after transplantation.

After lunch we went to look at the different stands on display; Transplant Games, Exercise, Diet, Drugs, Donors, UKT, NKF, tissue typing and Nowgen-Pharmacogenetics. Then we had feedback from all of the four workshops. Some issues raised were as follows; *counselling* - is there always someone there to talk to, *income* - being able to go back to full time work, communication - especially for the elderly, have they got family? Someone with them to help understand their medication, results, also for patients to keep a record of their own results and when medication changes. A panel was then set up consisting mainly of Renal Associated Medics and Services from Manchester along with Professor Steve Powis, Royal Free Hospital, London to answer any questions from the floor.

I hope to receive an update from Dr Faieza Qasim, I will send this on as soon as I receive it, it was almost too much to remember or note all the material that was covered on the day.

They are hoping to run this event again next year with a view to a different location, possibly going through the local Kidney Patient's Association to nominate people to go. I would be quite willing to help out where possible or provide any information.

Gina Moss and Neil Aiken

THE NURSES

*There are a group of people who really care
Who are willing to give their love to share
Their dedication and professionalism put me to shame
I am a pain in the butt when I don't play the game*

*But they have patience and a will to forgive
And make allowances so I can live
I owe them my well-being and my health
If I won the lottery they could have my wealth*

*They put up with my tantrums and my bad mood
They overcome problems and only do good
I wish I could tell them my immense gratitude
So please forgive me If I am ever rude*

by William Johnston



Who are these heroes I hear you ask
*These people with this unwelcome task
Who are God's living Angels but with no wings
Who give life saving hope without asking for a thing*

*These saviours are the Ulster Hospital Renal Unit
Nursing profession
Who treat damaged flowers so they have a chance to blossom*

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