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## Newsletter 31 May 2023

### New EDKPA Newsletter

After a gap of some months, we are launching a new type of Newsletter – this will be produced more frequently than the old style, as and when there is a matter of interest to pass onto the renal community. Electronic publication makes this possible, as it involves very little cost. We will be arranging for hard copies to be distributed at renal units, but this will take a little longer to set up. We will also be publishing information on our website and Facebook page.

We have several vacancies on our committee at present, including an Editor for our Newsletters. If you fancy helping with the Newsletter or possibly joining the Committee for any other reason, please contact our secretary, Jean Aplin (address below).

### Skincare for renal patients



The NKF recently arranged an excellent video lecture, on the subject of skincare for renal patients. Covering everything from itching, rashes and sunburn through to various skin blemishes and cancers, it was very clear indeed and included excellent and practical advice. If you missed it go to:

<https://www.youtube.com/watch?v=PqzeQKCQW3U>

### Transplant games 2023

Claire West writes : The Westfield Health British Transplant Games are an annual event that celebrate the power of organ transplantation and the individuals who have undergone the procedure. This year's games, being held in Coventry between 27th – 30th July 2023, are being organized with great enthusiasm.



The games, which are open to anyone who has received a transplant, aim to promote transplantation as a life-saving and life-enhancing treatment option. The events include a range of sporting activities such as athletics, swimming, table tennis, and badminton. It is a fun and competitive environment that highlights the achievements of transplant recipients and raises awareness about the importance of organ donation.

Previous Transplant Games have been incredibly successful, with hundreds of participants from across the UK competing in a variety of events. The Games provide a unique opportunity for transplant recipients to come together and share their experiences, providing support and encouragement for one another. It is also a chance for family members and friends to cheer on their loved ones and show their support.

In addition to promoting transplantation and engendering camaraderie between transplant patients, the Westfield Health British Transplant Games also serve as a platform for education and advocacy. They help to dispel common myths and misconceptions about organ donation and transplantation, encouraging more people to consider becoming donors.

Visit <https://transplantsport.org.uk/btg/coventry-2023/> for more information. The local transplant Games Team can also be found on Facebook under Devon and Cornwall transplantees.

## **Donations and Legacies**

Our charity work depends very largely on legacies and donations from supporters. In the main, these reach us from renal patients and their friends and families. We are hugely grateful. Sometimes, money reaches us from donors who remain anonymous and we would like to thank these unknown helpers. On this occasion, we would like to note our gratitude for recent donations or legacies in relation to the following individuals, all sadly recently deceased:

Dennis Galpin, Dennis Bond, Derek Boyland, Carryl Ann Morris, Michael Anderson, George Palmer (our Chairman at the time), Neil Stewart Macaulay, Brian Mark Thompson.

## **U – Drains**

The U-Drain system greatly eases the problem of dealing with fluid waste from PD machines where patients dialyse at home. Instead of having to move large and heavy bags of fluid waste around the house, patients, or their carers, can now simply plug the PD machines into a small connection built into a wall, leading to external drainage. For various budgetary reasons, the hospital in Wonford has been unable to launch this initiative on its own and EDKPA is providing financial support to get this excellent system available to patients where they need it.

## **Renal dietary materials**

Angeline Taylor, an Exeter based dietician, currently chairs the BDA Renal Nutrition Specialist Group. She is working with a number of dietitians across the country to develop a range of resources. EDKPA will be assisting the review process. If you would also like to help, please let Jean Aplin have your contact details.

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