

Date: **April 2017** Issue: **Thirty Five**

Welcome to the NKF In Touch newsletter for April 2017.

Please forward any articles etc that you would like sharing via the next newsletter to Fiona Bromhead fiona@kidney.org.uk by 10th May.



Wishing you a Happy Easter from all of us at NKF

Contents:

Action Point

NKF Conference – Page 1 and 2

Information

NKF KPA Day – Page 2 & 3

Sign for Life, NHS Blood & Transplant – Page 4

Free Cakes for Kids – Page 4

NHS England – Page 5

Update for KPA's – Page 5

NKF Helpline

European Health Insurance Card- Page 6

NKF Fundraising

Upcoming Fundraising - Page 6 & 7

Who NKF seeks to influence:

NHS England

NHSBT

NICE

Department of Health

Government Ministers

Welsh Government

Northern Ireland Assembly

Scottish Government

All Party Parliamentary Kidney
Group

Trusts and Hospitals



Action Point

NKF Conference – 13th – 15th October 2017

Hinckley Island Hotel, Leicestershire

KIDNEY PATIENTS UK

NKF are pleased to announce that Renal Services are sponsoring the 2017 Conference – thank you Renal Services. <http://www.renalservices.com/>



You can book your place for conference on the NKF Website: <http://booking.kidney.org.uk/>, by calling the NKF on 01909 544999 or using the attached booking form.

If you would like any further information, please call Andrea Brown on: 01909 544999 or email andrea@kidney.org.uk

The draft programme for the weekend is:

Date	Time	What's happening	Speaker
Friday 13 th October	19.00 – 23.00	Buffet supper and Quiz	
Saturday 14 th October	09.50 – 10.00	Welcome and Introduction	Denny Abbott
	10.00 – 10.20	NKF Update	Timothy Statham
	10.20 – 10.45	NHSBT – Transplant numbers	John Forsythe
	10.45 – 10.55	Question Time	
	10.55 – 11.25	Coffee Break	
	11.25 – 11.50	Home Dialysis Carer	Bud Abbott
	11.50 – 12.15	Renal Registry Update	Fergus Caskey
	12.15 – 12.25	Question Time	
	12.25 – 13.35	Lunch	
	13.35 – 14.35	Shared Care – Interactive session	Martin Wilkie & Team
	14.35 – 15.05	Coffee Break	
	15.05 – 15.30	Altruistic Donation process	Lucy Chester
	15.30 – 15.55	My renal journey	Kate Kenyon
	15.55 – 16.05	Question Time	
	16.05 – 16.15	Close Of Conference	An interview with Holly Loughton and Close
	18.45 for 19.30	Gala Dinner followed by a Disco	
Sunday 15 th October	10.30 – 11.30	Council Meeting	



[NKF KPA Day 1st April 2017](#)

On Saturday 1st April NKF held their yearly KPA Day, at Arden Hotel, Birmingham. It was a very successful day which saw many KPAs coming together to share their stories and experiences.

There were presentations from Sharman Maxwell from West London KPA, Andrew Bullen from Lister Area KPA, Janet Cairnie from Royal Salford Hospital and Ron Cullen from Renal Registry. NKF would like to thank all of the speakers for their wonderful presentations.

NKF also had a cheque for £1,000 presented to them as a donation from Six Counties KPA – thanks again Six Counties.

The NKF also held their formal AGM and Council meetings, of which all member KPAs have representatives present to vote on matters and ask questions.

The AGM saw the following people elected to the NKF Executive Committee for the next 12 months:

- David Marshall – SAKA - NKF Chairman
- Michael Abbott – Gloucestershire KPA - NKF Treasurer
- Denny Abbott – Gloucestershire KPA
- James Barr – Lancs & South Cumbria KPA
- John Burdett – Northamptonshire KPA
- Jim Higgins – Northamptonshire KPA
- Wajid Iqbal – Manchester Royal Infirmary KPA
- David MacDonald – Wessex KPA
- Guy Richards – Exeter & District KPA
- Rajesh Sanghani – Royal Derby KPA
- Tracey Sinclair – Wessex KPA
- Richard Van Roon – Six Counties KPA



Sharman Maxwell – West London KPA



Andrew Bullen – Lister Area KPA



Ron Cullen – Renal Registry

Thank you to everyone that attended – See you next year.



Sign for Life: We need you in our team

Right now across the UK there are around 6,500 people waiting for an organ transplant and on average, three people die each day because of a shortage of organ donors.

We want to blow the whistle on these figures and do something about it.

That's why we're supporting NHS Blood and Transplant's campaign alongside other football and rugby clubs, sports governing bodies and other organisations to ask you, our fans, to join the 23 million people in the UK who are already registered as organ donors.

By donating your organs after you die, you could save or improve the lives of up to nine people, and even more if you donate tissue or give the gift of sight.

How you can help:

- Sign up as an organ donor online at www.organdonation.nhs.uk/signforlife or by calling 0300 123 23 23
- Talk about organ donation with your family, and make sure they know what you want, and understand what they want too
- Share our campaign posts on Facebook and Twitter using #SignForLife and help us reach even more people

Organ donors save lives and together we can make a difference. Sign up today.

Free Cakes for Kids have now expanded to the Loughborough area and their baking team has grown exponentially – Their charity helps any families who may find it difficult to provide a cake for their child for any reason including disability, financial, chronic illness, bereavement etc! They are able to provide cakes for adults in circumstances where you feel it would make a big difference to that individual.

Please contact freecakesnottingham@gmail.com if you would like any Free Cakes For Kids posters or flyers, would like to request a cake for a fundraising event or for a client, or would just like any more information. **THIS IS FOR THE NOTTINGHAM, DERBY AND LOUGHBOROUGH AREA.**





NHS England update on the Next Steps On The NHS Five Year Forward View

Simon Stevens, announces the [Next Steps On The Five Year Forward View](#).

Endorsed by the other chief executives of NHS national bodies, the Next Steps sets out how to deliver practical improvements in areas prized by patients and the public – cancer, mental health and GP access – while transforming the way that care is delivered to ease pressure on hospitals by helping frail and older people live healthier, more independent lives.

These measures, probably the biggest national move towards integrated care currently underway in any Western country, will also help to put the service on a more sustainable footing for the future.

Two-and-a-half years on from the publication of the widely-welcomed NHS Five Year Forward View, the plan spells out what has been achieved and the changes which will take place across the health service in key areas:

- Improved cancer care aimed at saving an extra 5,000 lives a year through new one-stop testing centres, screening programmes and state of the art radiotherapy machines.
- Boosting mental health services by increasing beds for children and young people to cut out of area care, more beds for new mothers and more mental health professionals in the community and hospitals to prevent crisis admissions.
- Better access to GP services with everyone benefiting from extended opening in the evenings and weekends, newly designated 'Urgent Treatment Centres' and an enhanced 111 service to ease pressure on A&Es.
- Better care for older people by bringing together services provided by GPs, hospitals, therapists, nurses and care staff, cutting emergency admissions and time spent in hospitals.

The Next Steps sets out the mechanisms by which we deliver this change, taking what we have learned from the Vanguard, and making them integral to how Sustainability and Transformation Plans develop from proposals to plans. It will also outline the progression of our most advanced STP areas into Accountable Care Systems.

More information is available on our website www.england.nhs.uk/futurenhs or by emailing, england.fiveyearview@nhs.net

External Communications
NHS England
www.england.nhs.uk

Update for KPA's

Linda Fores at the NKF Head Office has now left the organisation and taken early retirement - we wish her all the best for the future. If you have updates on your KPA committee, in particular updates on the information that is shown on the NKF website about your KPA - and/or updates on database records, please do not hesitate to direct them to our new member of staff Fiona Broomhead, Database and Office Administrator, fiona@kidney.org.uk who will be more than happy to be of assistance.



NKF HELPLINE

0845 601 02 09

Calls charged at 5p per min
Mobile calls are as per net work charges.



Calls are answered directly by our trained Helpline staff between 9am to 5pm Mon-Fri



EUROPEAN HEALTH INSURANCE CARD (EHIC)

There has been no change to the rights and status of EU nationals in the UK, and UK nationals in the EU, as the UK prepares to leave the EU.

Although it's not a direct replacement for travel insurance, the European Health Insurance Card (EHIC) provides millions of us with free healthcare on the continent.

The EHIC will continue to be valid as long as Britain is in the EU.

Article 50 is the formal intention of Britain's intent to withdraw from the EU. There will now be a two-year negotiation period – and your trusty EHIC card will still work as long as negotiations are taking place.

The EHIC works in Switzerland and Iceland, which are in Europe but not the EU, and Britain could reach a similar deal with the EU to continue use of the EHIC.

(Based on latest information at 30th March, 2017) <https://www.gov.uk/european-health-insurance-card>

YOU MUST ALWAYS ENSURE THAT YOUR CHOSEN CLINIC WILL ACCEPT THE EUROPEAN HEALTH INSURANCE CARD BEFORE BOOKING YOUR DIALYSIS IN EUROPE. YOU SHOULD NOT NEED TO PAY FOR ANY DIALYSIS TREATMENT IN ADVANCE.

For information about specialist medical travel insurers contact the NKF Helpline 0845 601 02 09

Fund Raising



Good luck to Cat Tansley, Phillip Laurier and Claire Easton who will be running the London Marathon on Sunday April 23rd and best of all raising money for the NKF.



Also on April 29th Charlie Else will be taking to the skies and parachuting out of a plane at 13,000 feet to also raise money for the NKF. Good Luck Charlie!



NKF spring Draw

Thank you to everyone that has already sent their draw ticket stubs back along with a cheque, you have till April 29th to return sold tickets and to get into the draw for a chance to win first prize of £1,500. If anyone would like some more tickets sending out please call 01909 544999 or email nkf@kidney.org.uk

TV advert

Have you spotted the NKF advert yet on TV? We are very pleased with it as it highlights kidney disease and the NKF Helpline. It is being shown on ITV and sky channels from 17th April until the 14th May (4 weeks) and will be aired on programs such as This Morning, Judge Rinder, James Martin French Adventure, Vera, Broadchurch, Midsummer Murders, Touch of Frost etc. If you do miss it we have a copy on the home page of the NKF web site www.kidney.org.uk

Royal Parks Half Marathon –

Sunday 8th October 2017, we have just ONE place and it could be yours!

This stunning central London half marathon, takes in the capital's world-famous landmarks on closed roads, and four of London's eight Royal Parks - Hyde Park, The Green Park, St James's Park and Kensington Gardens. The 2017 ballot has now closed but the NKF has managed to secure just one place. If you are interested in taking part in this fantastic event please email pete.revell@kidneynkf.com



NKF Mud Monsters

Show your support for the ladies at Head Quarters, Andrea Brown and Donna Blizzard, together with family and friends they will be taking part in the Total Warrior Challenge, Braham Park, Leeds on the 25th June to raise funds for National Kidney Federation. If you would like to know more about the event you can find details at <http://www.totalwarrior.co.uk/total-warrior/leeds-bramham-park>. If you would like to encourage and make a donation to the NKF Mud Monsters fundraising page please click on the link <https://www.justgiving.com/fundraising/Andrea-Brown26>

Run, walk or sky dive, however you do it – please do it for the NKF

If you are taking part in an event or thinking of organising one, please raise money for the NKF, we will help you all the way from starting with a fundraising pack to suggesting ways to raise money and if needed we will even design and print posters for your event. Please contact the fundraising office on 01263 722287, email pete.revell@kidneynkf.com or visit the web site www.kidney.org.uk/fundraising to see the vast range of events.

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www.kidney.org.uk

The NKF - the largest Kidney Patient charity in the UK
A federation of more than fifty patient charities, supporting kidney patients & carers

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