



Introducing Our New Chairman

My name is David Marshall, 37 years of age and a recipient of a kidney from my wife Jo. On a day to day basis I am a director of a long standing engineering based company in Sheffield. I also have other business interests and one of these is a florist business based in Dore, Sheffield.

When I was diagnosed with Kidney disease it was devastating for me and my family, however following fantastic care and treatment from the renal unit at Northern General Hospital, I reviewed my life and became a stronger person because of the journey I have experienced. One of the outcomes was that I needed to give something back to society and specifically it has to be Kidney related. Hence the reason why SAKA interested me.

SAKA is very different to other charitable organisations as it has the power to react quickly to individual needs as well as kick starting important research projects. This is a direction in which we need to continue, but to allow this the key is funding. In the current economic climate raising funds becomes more difficult every day. We need to listen, interact and encourage more members to join and get involved in various events from social to educational and this in turn will raise the profile of SAKA and will naturally increase funds which will once again be available to assist kidney patients.

I hope to take all the good work completed by my predecessors and move SAKA forward to enable all its beneficiaries to achieve a better quality of life.

SAKA Contacts

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Vice Chairman & Clinical Mgt Rep	John Powell	0114 3480862	lewis@powell1056.freeseve.co.uk
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Peter Coulson (Sheffield Rep)	0114 2681806	Filey	Darren Lath 0114 2378901 (after 7.00 p.m. weekdays)
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Web page		www.saka.org.uk	
Fundraising		www.everyclick.com/saka506386	

THANK YOU

Our thanks to the following for their generous donations to our funds:-

- Mr & Mrs J. Harwood In appreciation of the PD team's care & concern over many years.
- K. & Mrs M. Tupling Further donations from their garden party fundraising.
- C & Mrs. M Jarvis Annual garden party fundraising event.
- The Company of Cutlers in Hallamshire Donation from the Master Cutler's discretionary fund.
- Inner Wheel Club of Sherwood Forest In memory of a member** (see below)
- Mr Mark Robinson Donation as part of Golf Day organised by David Lilley
- Mr & Mrs R Hurdiss Donation requested 'In lieu' of presents for their Golden Wedding anniversary.
- Windsor UPVC Amount donated after Rotherham Show
- Wingerworth W.I. Donation from their fundraising.
- Charities Trust Donations made by people using our everyclick.com webpage (see item on page 4 to see how you can help us donate to our funds without it costing you any money!!)
- **Of course our special thanks to those who gave donations in memory of the following loved ones:**
 - Mrs. Patricia Hizzett, Elizabeth Hambrey's mother, Mrs Sheila Brown**, Mr. Terry Cawthorne, Mrs. F. M. Lamb

SAKA - ANNUAL GENERAL MEETING

Was held in the Education Centre on September 26th and well attended by over 40 members and medical staff.

Dr McKane gave us an insight in to the current workings of the Renal Unit as well as plans to get patients, especially haemodialysis patients, more involved in their own treatment.

Mr Imran Butt and Mr Ahmed Halawa also gave us presentations on the research work which they are currently undertaking. Both lots of research are being funded by SAKA grants.

At last we have a new Chairman, David Marshall, to succeed Mr Raftery who has held the fort magnificently for 3 years. A short biography of David is on the front page. We were also delighted to welcome Paul Johnson back on to the committee. Both David and Paul are young men who, we are sure, will bring some much needed new ideas to our meetings and we look forward to them playing important roles in the future of SAKA .

Secretary Betty Rayner announced that this would be her last year in the role. After 10 years she felt that it was time for her to step down. So we are now looking for a replacement for the important roles of secretary and treasurer.

Social Visit to the Cutlers Hall

You will remember that in the last issue of UPDATE we invited members and their family / friends to join us in a conducted tour round the Cutlers Hall, by kind permission of the then Master Cutler Mr. Bill Spiers.

Over 30 people took us up on the invitation and had a very pleasant and informative evening.

We were welcomed by the Master Cutler (& Mistress Cutler) who informed us that he had experienced some renal problems and could therefore empathise with SAKA members.

After enjoying pre—tour drinks, we were shown around the hall by the Company of Cutlers' archivist. The company was incorporated by an Act of Parliament in 1624. It has three halls on the same site on Church Street, the present one built in 1832, being a Grade 2* listed building. It is something of a 'Tardis' having a surprising number of reception, meeting and function rooms of varying degrees of opulence with wonderful stained glass, chandeliers, portraits of the 'great and good' who made Sheffield what it is today.

Names that are legend in Sheffield's history Jessop, Hatfield, Firth, Brown (Bayley), Vickers, are rightly honoured in this marvellous building. The success they had in business manifested itself in their philanthropy around the city.

Of course the pride of place in the Cutlers Hall is the magnificent display of cutlery, Sheffield plate and silverware. There is a piece of silverware for every year since Sheffield' Assay office was opened.

Our visit concluded with a very tasty finger buffet, the source of the delicious aroma that had begun to permeate the building as we were shown around.

Our new Chairman, David Marshall had been instrumental in organising the evening and our thanks must also go to the Master and Mistress Cutler for hosting the evening, for making it so enjoyable and being so approachable.

Important Renal Unit telephone numbers:

Sorby Outpatients Monday - Friday (exc Bank Holidays) * 8.30 a.m. - 4.30 p.m.**

Room 1 0114 2715320

Appointments 0114 2715131

Renal Unit

Satellite Units

'E' Floor 0114 2715331

Barnsley 01226 320310

'F' Floor 0114 2266391/2266393 * (Use at all other times + Bank Holidays)**

'G' Floor 0114 2269164

Chesterfield 01246 512626

Doncaster 01302 381455

Rotherham 01709 838333

Sheffield 0114 2290970

Peter Moorhead Dialysis Unit 0114 2715136

Internet stores will help you raise funds for SAKA.

Make this Christmas a fundraising one

Many of us tend to use the internet at some stage to buy a large variety of goods, groceries, insurances, books, clothing etc. At this time of year particularly £'000s will be spent this way.

Did you know that by shopping online you can also raise money for SAKA? **The good news is it doesn't cost you anymore than the price of the goods.**

Simply sign up to the SAKA everyclick.com site, follow the links to download 'Give as you live' section and away you go. It will explain that there are thousands of online shops who are prepared to give either a percentage of your purchase or a fixed amount to the charity of your choice. **Obviously we would like that to be SAKA.**

Most high street shops e.g. John Lewis, Tesco, B & Q, Asda, Waterstones, Viking, etc are in the scheme plus famous internet sellers, play.com, Amazon, itunes, comparison sites etc the list goes on & on. Good Hunting!

Email Addresses & Postage Rates

If you have an email address and currently receiving SAKA Update through the post, can we ask you to let us send it to you by email? As Second class post is now 36p, so to send 4 editions per year postage alone costs £1.44 for each member. If you are happy to receive Update by email please make sure your security system is geared up to accept emails from SAKA, (**will those already getting Update this way also check as we have had a few returned as 'Undeliverable'**) then send an email to the Editor confirming this.

We shall of course continue sending Update by post to those not on email and those who have email addresses but prefer to receive a hard copy by post.



CHRISTMAS CARDS

If you attended the Sorby outpatients dept. in the last few weeks you will be aware that it is Christmas Card time again. SAKA volunteers are attempting to 'cover' all clinics. Cards are of the usual very high quality with a variety of designs to suit all tastes. They are probably the cheapest charity cards around.

We have two prices;

- Larger cards, with inserts, are £2.75 per pack of 10
- Small cards, without inserts, are £1.50 per pack of 10

They are selling out fast so bring your purse or wallet the next time you are due at your clinic. Tony Hobson (0114 281 5373) is the man to contact if you need cards before your next clinic appointment.

Take with a glass of water!

A spoonful of sugar may taste nice, but is not very helpful when taking medication. A glassful of water however, is more essential than you might have realised.

On September 4 in a National newspaper, Dr Max Pemberton wrote about not following the advice he gives to his patients. He took an antibiotic tablet 'dry'. Although he did not realise it at the time the tablet lodged in his oesophagus (gullet) where it slowly broke down and eroded through the tissue burning a hole through to the muscle underneath.

He first realised something was wrong about 2 weeks later when he went to take of water first thing one morning. He took a gulp and as he swallowed felt a sharp, excruciating pain across his chest. The water shot back out of his mouth and he found he was unable to swallow anything even his saliva. By next evening he was becoming badly dehydrated, his tongue was swelling and he was going into acute renal failure. It took several doctors and various hospital tests before the cause of the problem was finally diagnosed.

Dr Pemberton went on to explain that some medications are highly corrosive - either very acidic or very alkaline. The stomach cells are protected by mucus, but trapped in the oesophagus the tablet can 'burn' causing ulcers and scarring which, in extreme cases could prove fatal.

The article stated that particular tablets including Vitamin C, iron supplements, aspirin and other non - steroidal anti - inflammatory drugs such as Ibuprofen as well as numerous antibiotics have been found to cause pill induced oesophagitis. Thankfully, once halted, this not uncommon problem usually sorts itself out over a period of time.

The moral is - take the doctor's advice:

- **Take tablets one at a time with a large glass of water.**
- **Drink further water if you feel the tablet may not have gone down.**
- **Wait 15 minutes before going to bed or lying down after taking tablets.**

Your UPDATE

The **UPDATE** is **YOUR** newsletter! The editor would like to receive your news, contributions, opinions, praise or grumbles or / and details of forthcoming events for the Winter newsletter by 18 December

SAKA CHRISTMAS QUIZ



SANTA is just waiting to give a £25 M & S gift voucher for the first correct entry to this years SAKA Christmas quiz.

Last year we only had a handful of entries so come on SAKA members let's have a bit of the Christmas spirit and have a great response. **It's free and everyone has the same chance of winning.**

The initial letters of the correct answers spell something you may find underneath the festive tree.

1. What is the surname of the singer most famous for recording White Christmas?
2. What are parsley, sage and thyme?
3. A method of cooking used for meat and potatoes.
4. Name the powered sugar used for decorating Christmas cakes etc.
5. Who watched their flocks by night?
6. This bird often turns up for Christmas dinner.
7. Who painted the ceiling of the Sistine Chapel?
8. The world's highest waterfall (in Venezuela) is known as The Falls.
9. Amontillado or Bristol Cream.
10. J.M. Barrie's hero who lived in Never Never Land.
11. According to the traditional story, the little girl whose grandmother was eaten by a wolf.
12. The name of 2 Queens of England.
13. A seedless type of mandarin orange.
14. Which popular singer was called 'The King'?
15. Where in Britain would you be if you found yourself visiting the Goose Fair?
16. Traditionally the number of wise men who visited the infant Jesus.

Name of the object found under the tree?

Entries by December 9th to:

SAKA , Freepost NEA 12111, Rotherham. S60 3BR.

Sheffield Fayre and Horticultural Show

Chris Wood, City Branch Chairman, would like to thank all those people who provided goods, helped over the two day event or sent donations towards the cost of the SAKA stall at Sheffield show. The amount raised, including donations less cost of table hire was ££571.74

This was an excellent result bearing in mind the amount of competition with similar produce, in the same marquee.

BRITISH TRANSPLANT GAMES SUCCESS

Well what can I say! What a fantastic time we all had at the Wesfield Health British Transplant Games Belfast 2011. For myself, a team member since my transplant in 1995, I thought it was the best games ever (except for Sheffield 2008 of course!). It was great to see all the team members again, old and new.

A big thank you to Betty Rayner for doing a brilliant job again this year, before, during and after the games. Thank you for your hard work and the hardest job keeping everyone under control. You make us proud Betty!

Normally we have about 16 / 17 in our team but for a variety of reasons, personal & medical, we only had 9 this year, Even with our reduced team numbers, we achieved a haul of 23 medals - 8 Gold, 12 Silver and 3 Bronze. I am so proud to be part of a team effort that brought all these medals back to Sheffield.

We also had lots of fun at the games at which I was the brunt of all the jokes and micky taking. It was my own fault getting lost and taking 1½ hours to find Wetherspoons which was only a few hundred yards round the corner from our hotel.

If you are transplant patient, feel fit and healthy and like doing different sports as a hobby or serious competitor, why not think about joining **your** Sheffield Team? **You would not just be competing but also promoting organ donation, because without a donor I would not be typing this now.**

A small team of 9 brings back 23 medals, just think what a bigger team could do. Why not join us and let's see if next year we can bring more medals back to Sheffield?

So if you can do any of the following events please have a think and maybe consider joining the team:

Snooker, Archery, Swimming, Table Tennis, Tennis, Bowls, Tenpin Bowling, Fishing, Walking, Running, Badminton, Squash, Athletics, Cycling, Golf, Darts.

Please contact our team manager Betty Rayner, and you too could be joining **your** Sheffield Team at the Westfield Health British Transplant Games, Medway, Kent next Aug 23rd – 26th 2012.

Thank you, Stewart Graves.

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Spice of Life

With the dark evenings and colder weather it becomes a temptation to comfort eat. Anyone with Chronic Kidney Disease will have been told what they can't eat, their diet can become very bland. Here's a salt, sugar and almost fat free dish great for a winter's day. It is taken from celebrity chef and renal patient Lawrence Keogh's kidney care cookbook 'Rediscovering food and flavours'

Pea & Ham Frittata - serves 4 cooking time 15 mins.

480g Cooked Spaghetti	1 Clove Garlic chopped
50ml Olive Oil	10 Twists of pepper
150g Diced boiled ham	6 Free range eggs beaten
200g Cooked frozen peas	¼ tsp Grated nutmeg

Method

- Place large frying pan on a medium heat. Add olive oil and garlic & cook for 1 min. without colouring
- Add ham & spaghetti. If mixture is quite thick add a splash of water to loosen.
- Season with pepper & nutmeg. Add peas & then beaten eggs.
- Mix thoroughly. Make sure the heat is moderately low - keep moving mixture away from the sides of the pan.
- Lift the edges with a spatula or palette knife. When brown underneath place a large plate over top of pan to cover the Frittata. Use a cloth to protect your hands & quickly flip the Frittata onto the plate, then slide back into pan to heat the uncooked side.
- When done slide onto serving plate and enjoy with a simple green salad.



Sir Jimmy Savile

Just as we were completing this edition of Update we learned of the death of Sir Jimmy Savile. The photograph alongside (taken by the editor) is of Sir Jimmy at the opening of the 2007 British Transplant Games in Edinburgh.

Everyone will be aware of Sir Jimmy's fundraising exploits for charity, particularly his 200+ marathons. However, I wonder how many in the renal community know that it was Sir Jimmy who in 1991, whilst making a National Kidney Federation video promoting organ donation, coined the phrase "**Don't take your organs to heaven - heaven knows we need them here**".

On Look North one of Sir Jimmy's very close friend's told Christa Ackroyd that on his grave Sir Jimmy wanted the words "**It was good while it lasted**".

I wonder how many transplant patients will be able to say that, simply because of Sir Jimmy Savile's inspirational catchphrase for organ donation?