

Fife Kidney Support Group



MAGAZINE
July 2019

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Donations.

My Donate	£326.83
Fresanius	£100.00
Ticket sales Cairndale	£420.00
Marion Johnston	£100.00

We are indebted to all those who donate monies to our funds and thank them for their generosity.

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Holiday Dialysis.



When you go on holiday and have to dialyse at a different unit, we have obtained these pennants for you to present to the dialysis unit, free of charge, as a gesture of thanks and friendship, as well as promoting Fife Kidney Support Group. So, if you are intending to dialyse away from your home unit just ask any committee member for a pennant.

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Podiatrist/Chiropodist.

In an effort to further improve the benefits we offer patients, the committee has decided to look into the feasibility of employing on a part time basis a Podiatrist/Chiropodist, to offer free foot care to patients at home. At the moment we are only gauging interest in this to see if there is any demand for this service, and if so what the likely costs would be to the Kidney group, before we commit ourselves, your thoughts and comments on this project would be welcome, please call Alan Johnson on 07963436005 or leave a message and I will get back to you.

Recipe.

Simple Carrot Cake.



Ingredients

Serves: 12

- **250g self-raising flour**
- **2 teaspoons ground cinnamon**
- **400g caster sugar**
- **350ml vegetable oil**
- **4 eggs**
- **350g grated carrots**
- **120g chopped walnuts**

Method

Prep:30min > Cook:30min > Ready in:1hr

- 1. Preheat the oven to 180 C / Gas 4. Grease two 23cm round cake tins.**
- 2. In a medium bowl, stir together the flour, cinnamon and sugar. Add the oil and eggs, mix until blended, then stir in the carrots and nuts. Divide the cake mixture evenly between the two prepared tins.**
- 3. Bake for 25 to 30 minutes in the preheated oven. A skewer inserted into the cake should come out clean. Cool cakes on wire racks before removing from tins.**
- 4. To make the icing: In a medium bowl, cream together the butter and cream cheese, add the sugar and cream well. Stir in the nuts and vanilla. Use to fill and ice the cooled cake layers.**

Tips

You can easily halve the amount of sugar to 200g for a less sweet cake.

Scotland's Quiz.

See how much you know or don't know about Scotland

1. What title is given to the Scottish equivalent of a mayor?

2. Which Scottish inventor give the first public demonstration of television?

3. Where would you find a chanter and a drone?

4. What is Scotland's longest river?

5. Which Scottish mathematician invented logarithms?

6. In all the English and Scottish football leagues, which is unique in having a letter in its name which no other club has?

7. What is the Scottish equivalent of the Coroner?

8. Lollius Urbicus was responsible for building a defensive wall to keep out Scottish tribes, what was it called?

9. Which body of water in Scotland contains more water than all the English and Welsh lakes put together?

10. Who was the Scottish schoolteacher created by Muriel Spark?

Answers on back

Fluid Intake on Dialysis

Why your fluid intake matters on dialysis

Limiting fluids will help you feel better and stay healthier. Once you're on dialysis, you may urinate very little—or not at all. Any extra fluid must be removed by dialysis, and consuming too much fluid may cause build-up between dialysis sessions, resulting in the following:

Headaches and low energy

Swelling in your face, hands and feet (edema)

Trouble breathing from fluid in your lungs.

Heart damage from stretching your heart with too much fluid

High blood pressure that can lead to a stroke.

Measure and track your liquids.

People on a dialysis fluid restriction diet should typically limit fluids to 32 oz or less each day. Your doctor or dietitian will discuss your specific fluid requirements. To help you monitor your fluid intake, write down how much you're drinking or eating throughout the day. It may also help to think about your day to plan what you're going to drink and when. For instance, if you have a special occasion in the evening, consume less fluid throughout the day.

What does 32 ounces of fluid look like?



32 OUNCES = 4 CUPS = 1 QUART = 946 MILLILITERS = 1 LITRE

5 tips for quenching your thirst and limiting fluids

Eat a piece of cold or frozen fruit, like grapes or strawberries. Freeze your favourite beverage in a bottle and sip as the fluid melts.

Suck on a piece of sugar-free hard candy

Drink from small cups or glasses.

Rinse your mouth with mouthwash

Costa Brava Diaries



Hotel Santa Monica Callela.

On Friday 3rd May 4 patients and their carers left a damp and cold Edinburgh flying with Jet2, heading for Callela on the Costa Brava on the first Fife Kidney Support Group holiday.

Initially there were 8 patients and their carers going but due to various medical reasons, it ended up with 4 patients and their carers, enjoying a 7day holiday with the patient only paying £150, the funding for this holiday was met by generous donations from Thomson Cooper, The Bank of Scotland and Ansvar Insurance.

Jet 2 should be mentioned for the help given to those members of the group who needed more assistance than others not only in the airport but in the air. We arrived in Callela 2 hours later to be confronted with a torrential rain storm, our private taxi took us to the Santa Monica Hotel, we all had rooms with a balcony and a sea view. All the rooms were spotless and the receptionist could not have been nicer, as to the food it was a buffet type meal with sufficient starters and usually up to 5 main dishes to choose from, the hotel was full but there was no problems with either breakfast or dinner queue and there was something for everyone on the menu, and waiters were on hand to clear plates away always with a pleasant word. After dinner there was always entertainment in the lounge. On the Friday we arrived it rained most of the day, but we were reassured that the weather was changing and warm weather was on its way. We spent the Friday night finding our way about the hotel and we all had an early night, as the four patients had dialysis the next day. The Dialysis unit was 18 minutes away from the hotel in the next resort of Pina De Mar.



The dialysis unit had only recently opened, it is a 30 bed unit which used Japanese Nikkiso Dialysing machines, the first time I come across this type of machine, and one of the features is when the time is up the machine plays a tune, mine was The Skaters Waltz, others played Strauss waltzes, its fine when only one finishes but when 4 finish at the same time you need ear defenders. The unit we were in was a 10-bed unit staffed by 2 nurses and one auxiliary all of whom made us very welcome and whilst we tried in our broken Spanish to converse, they were happy to learn English. After dialysis the ambulance was always waiting to take us back to the hotel.

Alans Diary. We wandered round Callela enjoying the street café experience and people watching, we spent Sunday at a flea market that was set up on the promenade, some of the Spanish chandeliers were amazing and cheap, but getting them back to Scotland would have been a problem. Once we had mastered the automatic ticketing machines, we caught the train to Figures, which is near the French border and is the home of the Salvador Dali Museum, where we spent an enjoyable morning, finishing it off with an excellent lunch at a pavement restaurant. Whilst my wife and I thoroughly enjoyed our break, for future trips I feel May is probably too early in the season to enjoy everything Callela had to offer.



Richards Diary

The Hotel Santa Monica is an 8-storey tower, older but well-kept and just two short blocks from the esplanade though this is on the other side of railway line which is a persistent feature along the Costa del Maresme. The staff were generally very good and made our stay comfortable. The hotel was quite busy during our stay with a lot of Spanish and Catalans staying. With only two lifts, these were in great demand at meal times. One gripe, very little storage in the rooms, so we spent the week living out of a suitcase but that wasn't the end of the world. The food, a standard hotel hot and cold buffet, was reasonable and with a fairly good choice. Not a good place if you were wanting a British breakfast as the sausages were wiener schnitzel and the bacon was streaky, smoked and rind on. Plenty of other choice though. Many Spanish are in the habit of having coffee on their breakfast cereal rather than milk. As each bowl was taking two or three shots of coffee, sometimes the queue for the machine took a while, well for those of us who favoured an early breakfast anyway.

We found Carrer de l'Església (that's Church Street in Catalan) which is the main shopping street and it is over three quarters of a mile long so no shortage of choice. There was also a pretty good market on Saturday and Wednesday at the top of Carrer de San Joan. We love the markets in Spain, really great fresh produce.

There were lots of excellent places to eat in the city, catering for most tastes. We found a wonderful Uruguayan grill called Luna Gaucha on Plaça de Constitució, not to be recommended for Vegans. Just round the corner was an Italian called Don Corleone on Carrer de la Riera that served some excellent food. I spotted a bar called 'Top' on Plaza Espanya that served a huge range of unusual beers from all over the world. Happy days. Calella railway station was about three quarters of a mile walk from the hotel or a ride on the tourist train or about €5 by taxi. For €8 and just over an hour we were in Barcelona for the day, which we did twice.

Highlights were the CaixaForum Barcelona's excellent exhibition of modern art and just strolling around Parc de la Ciutadella.

Shouldn't forget lunch at "19" on Plaça de Catalunya. Ate there several years ago and it was well worth going back. Change from €5 and 20 minutes took us the other way up the coast to Blanes for an exploration of the town and the botanical gardens. A slightly chilly day up there on the cliff tops but well worth it.



Geoff's Diary.

Really enjoyed the holiday to Callela. What made the holiday for me was although we were a group, we all did our own thing through the day, but then all came together for dinner in the evening and discussed what we had done through the day. The hotel was pleasant and clean, and the food was ok and plentiful. Early in the season so it was not too hot either, so you could always cool off in the shade. The town itself was quite Spanish with traditional markets and stalls, plenty of places to eat and drink, and the prices were ok too, not as tourist orientated as some places I've been to.



Sudoku

medium

7	9			5
3		7	6	
2	1			8
9		3	2	
		5		6 3
	8			
8	7			
			4 1	
4				7

medium

	4		5	3
7	2		1	
	6			8
2	4	7	9	
			8	
6				
3		6		
			3 4	
8	5		9	6

Answer on back page



Mystery Bus Trip

DESTINATION UNKNOWN

SUNDAY 14TH JULY

All aboard for this mystery tour, even the driver has been blindfolded, so step aboard this luxurious charabanc (see above) to see some of Scotland's wonderful scenery with a chance to spend your money and ending with a 2 course meal at ????

Patients.....Free

Carers, Spouses, Guests.....£25

Pick up points

Victoria Hospital	9.00
Cowdenbeath	9.15
Queen Margaret	9.30

**To book your place, contact Karen Bassett on 01383 626478
28 Beveridge Street,
Dunfermline
KY11 4PY**

Cairndale Hotel



A small but cheery band of travellers left Fife for the journey South to Dumfries and surrounding areas on Saturday, 8th June.

Our first stop was the market town of Moffat and the allowed the group were able to splash the cash and make a few household purchases. After tea /coffee we re-joined the coach and proceeded towards our destination at the Cairndale Hotel, Dumfries. Our coach driver was a great aid to a fine trip—a good driver can make or break a trip.

No complaints about the rooms which were clean, tidy and well maintained.

Prior to the evening meal most chose the time to rest or relax in the lounge.

The Evening meal was very good with no real complaints. We were accompanied by a local singer who made the first part of the night gentle and relaxing. Who was this guy called Frank Sinatra—before my time but I noticed Jim Dick and his young wife singing along.

Some then decided to venture out into the streets of the town, I preferred to share the humour and conversation of the lounge group.

Following an excellent breakfast, we made our way to the seaside town of Ayr. Not quite in the Pink but still a real seaside feel about the area. Fully laden our travellers returned to the coach to make our way back to Fife and sorry Jean, Blairhall.

I don't know exactly how much my companions enjoyed the trip but their company I enjoyed and would go again.

My thanks to Karen Bassett for her hard work in putting this trip together. Roll on the next one.

Help Directory.

Some useful contact numbers and web sites.

Kidney Care UK. **01420 541 424**
info@kidneycareuk.org

If you or someone in your family is a kidney patient, **Kidney Care UK** may be able to help you if you are struggling to make ends meet. Here are some of the ways they can help;

With domestic bills, or even a domestic appliance.

By funding all or part of a holiday.

By helping out with travel costs to and from hospital. By helping to pay further education or training fees or books, equipment or lodgings while studying.

The application process is simple speedy and confidential.

For more information go to;

www.kidneycareuk.org/financial support

Citizens Advice & Rights Fife. **0345 1400 095** cabfife.org.uk

Cruse Bereavement Care. **0845 606 6489**

crusescotland.org.uk

Fife Carers Centre. **01592 205472**

Fifecarerscentre.org

SeaScape. For those with **01592 644979**

info@seescape.org.uk sight impairment.

Fife cares. Free home safety **03451 550033**

fifedirect.org.uk/housing and security visits for elderly vulnerable adults.

Disabled persons housing **01592 803 280**
dphsfife.org.uk service.

Fire Safety Visit. Free home visit. Fire service can fit free **0800 0731 999**
firescotland.gov.uk Smoke alarms if needed

Rogue Traders/Doorstep Callers Police 101

Welfare Benefits Advice **0345 1400 092** CABFife.org

Laughter the best medicine



This is a touching story. Just when you have lost faith in human kindness, someone who teaches at Kean Elementary School in Wooster, Ohio, forwards the following letter: This letter was sent to the Principal's office after the school had sponsored a luncheon for the elderly. An elderly lady received a new radio at the lunch as a prize and was writing to say thank you.

Dear Kean Elementary:

God bless you for the beautiful radio I won at your recent senior citizens luncheon. I am 84 years old and live at the Sprenger Home for the Aged. All of my family has passed away. I am all alone now and it's nice to know that someone is thinking of me. God bless you for your kindness to an old forgotten lady.

My roommate is 95 and has always had her own radio, but before I received one, she would never let me listen to hers, even when she was napping. The other day her radio fell off the night stand and broke into a lot of pieces. It was awful and she was in tears. Her distress over the broken radio touched me and I knew this was God's way of answering my prayers.

She asked if she could listen to mine, and I told her to kiss my ass. Thank you for that opportunity.

**Sincerely,
Agnes Baker**

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Quiz Answers.

- 1. Provost**
- 2. John Logie Baird**
- 3. Bagpipes**
- 4. River Tay,**
- 5. John Napier**
- 6. J. St Johnstone**
- 7. Procurator Fiscal**
- 8. Antonines Wall**
- 9. Loch Lomond**
- 10. Miss Jean brodie.**

medium

6	7	8	9	2	4	1	3	5
9	3	1	5	7	8	6	4	2
5	2	4	1	3	6	7	8	9
7	9	5	6	1	3	8	2	4
1	8	2	4	5	7	9	6	3
3	4	6	8	9	2	5	7	1
8	1	3	7	4	5	2	9	6
2	5	7	3	6	9	4	1	8
4	6	9	2	8	1	3	5	7

medium

9	8	4	7	1	5	3	2	6
5	6	7	2	3	8	1	4	9
2	3	1	6	4	9	5	7	8
1	2	3	4	8	7	6	9	5
4	9	5	3	2	6	7	8	1
6	7	8	9	5	1	2	3	4
3	4	9	1	6	2	8	5	7
7	5	6	8	9	3	4	1	2
8	1	2	5	7	4	9	6	3