

First apologies to everyone for the absence of the December Newsletter. Circumstances beyond my control I am afraid. Trapped on a cruise ship in the Bay of Biscay being thrown from here to there. Very sad that this was my first ever cruise and has put me off forever. I am told it is a wonderful experience for anyone thinking about it so don't be put off by me please. Thank you all for your concern though. Big shout out to Jack (our chairman) for stepping in and sending an email to all members.

Rather later than intended but Happy and Healthy New Year to everyone.

Not sure if anyone remembers Claire, she was Dr Kingdon's secretary a few years ago but here she is: Along with her comment on face book – in case anyone missed it.

The London Marathon



*Only 13 weeks to go now. Got to say I'm enjoying the training so far. 11 miles run today in preparation for the big day. Thank you to everyone who has donated so far. **SEKPA** is an amazing charity and your donations will really help.
Love and peace*

We heard some news at our **SEKPA** committee meeting at the beginning of December which I thought members might be interested in. With the completion of the Louisa Martindale new build.

Very shorty (if they haven't moved already) the haematology ward that occupies the north side of level 9 will be moving to the main building. They have probably been based in the renal unit for more than 11 years. The space released will be used to create a therapy room, an acute dialysis and a relocated Day Room and Quiet Room. It was agreed that once the Day Room is ready to be furnished **SEKPA** would be consulted regarding furniture placement. The change in rooms may mean that **SEKPA** could finance the redecoration of the two rooms.

Also mentioned at our committee meeting was 'Kidney Beam' – not sure if anyone has heard of this but details below;

Feel Good with Kidney Beam

Physiotherapists will tell you that to feel good and keep healthy you need to be active. For people with kidney disease or other diseases, this is often easier said than done. A technician and some physiotherapists at Kings College Hospital in London realised this some time ago. As a result, they developed a set of exercises specifically for kidney patients that are available online, which means you don't need to leave home. These exercises are available as on-demand videos, single online classes or a programme of online classes. Together, the service is known as Kidney Beam. To find out more, go to beamfeelgood.com

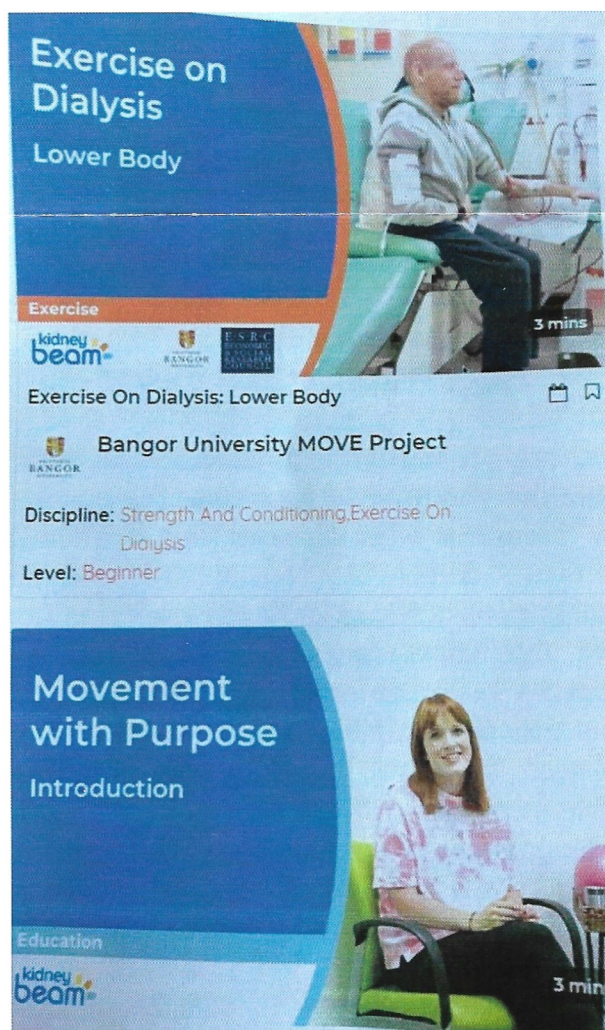
Initially, Kidney Beam was funded by a number of renal charities so that it was free to use by all kidney patients. That funding ceased about 3 years ago, which meant it was necessary to introduce a joining fee. Since then, funding has been found for most of the regional networks of England, except the South East and South West.

In particular, for the last year it has not been free to patients at the Sussex Kidney Unit. A meeting was recently called for the KPAs (Kidney Patients Associations) in the SE and SW to see how this problem could be resolved. The annual cost required was £33,000. The chair of the Exeter KPA was particularly supportive of Kidney Beam and willing to provide funds for it. In the end, four KPAs including **SEKPA** agreed to share the cost of £8187.50.

Kidney Beam has been made free to patients of the Sussex Kidney Unit since December 2023. To register you will need to specify the name of your renal clinic. The options for SKU patents are:

Royal Sussex County Hospital
Bexhill Hospital
Worthing Hospital

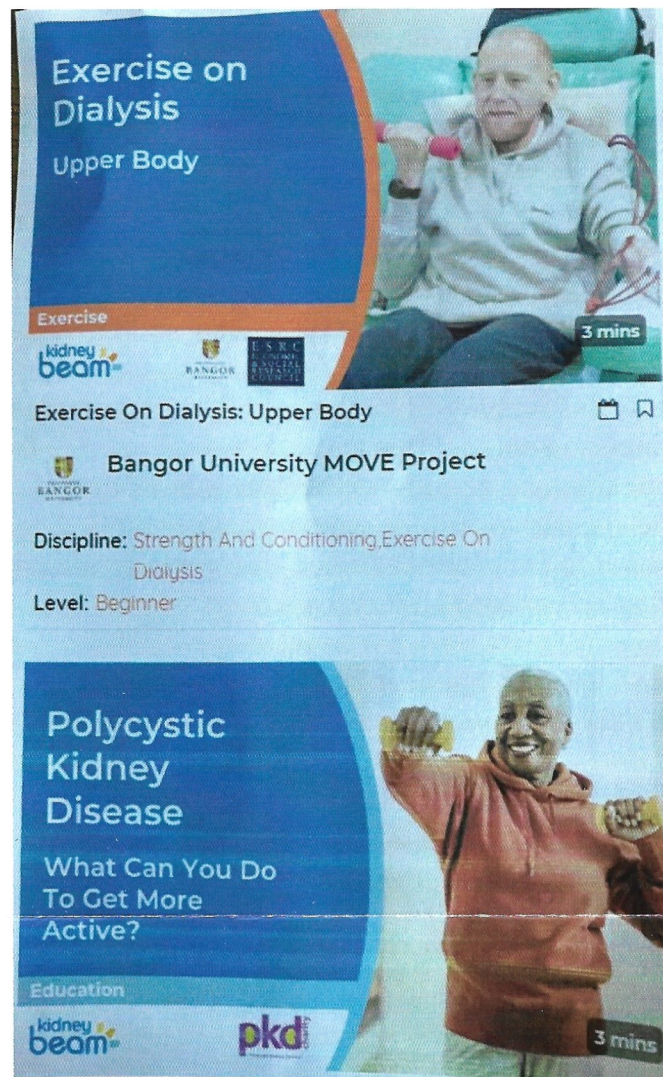
If you are a patient at either the Crawley or Polegate Units then select Royal Sussex County Hospital.



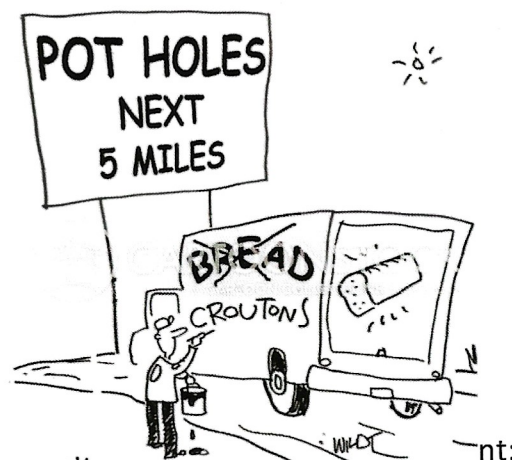
Good luck everyone. If you try this perhaps you could send a comment about your experience to me personally and we can assess the impact of our contribution.

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It is thanks to **SEKPA** and four other KPAs in the SE and SW regions that Kidney Beam is now free to use for SKU patients



Just thought this was rather amusing considering the state of the roads at present.



Once again Best Wishes for a Happy and Healthy New Year. Let's hope for some warmer weather as well.