

Issue 26

August 2024

Another amazing fund raiser, this time from the London to Brighton cycle ride.



"Hello everyone, my name is Emma and I had a kidney transplant in 2021. Last June I decided to participate in the London to Brighton cycle ride and I managed to raise £690 for SEKPA. I take this opportunity to thank all of you who helped me with the fundraising. I truly appreciate your support and SEKPA's, whose members work very hard supporting patients. I have been asked to write a few words about the ride.

I've only started cycling since I had my transplant, so for me riding 52 miles was an achievement. I loved every single part of it. So much so, that I've already joined the ballot for next year!! The ride is very well set up, people from all walks of life take part. It took me about 4h and 50 minutes and I even cycled up Ditchling Beacon non-stop!

If anyone is up for a challenge don't be afraid and join in. You will need to train a little bit, but we can all achieve it.

A big thank you to everyone in SEKPA and the Sussex Kidney Unit for being such a good team. Best wishes to all."

Thank you so much Emma, we really appreciate you and congratulations.

I thought it might be an idea to show just what SEKPA used some of our funds for.

Income from September to date is £11.5k

- Donations £5,772 which includes £1.2k payments received from Claire's sponsors for her epic marathon. We are still waiting for £50 to be transferred from Enthuse, the company who managed the donations. This income is net of Enthuse's charges.
- £1k Donations in Memory of loved ones, which includes £592 received to date from Emma's donation for her London to Brighton cycle, in Memory of Natty,
- £3.9k Interest

Expenditure for the period:

- £2.2k Patient support,
- £8.4k - Welfare payments to include payments for support for the football tournament and the donation towards Kidney Beam,
- £822 - Newsletter
- £1k - Admin fees, to include zoom, host fees and subscription,
- £946 - running costs.

If you are looking for help with kidney related expenses, please ask Steve Sewell (Welfare). He can refer you to us. We are here to help.

A message from our chairman about the Kidney Patients support Group:

Do you have concerns you would prefer to discuss with other patients?

When you are first diagnosed with kidney failure, the thought of what lies ahead can be very daunting. There are so many options:

- How will dialysis affect my life?
- What is the difference between Peritoneal Dialysis (PD) and Haemodialysis?
- Can I go on holiday when I'm on PD?

- Can I go on holiday when I'm on haemodialysis?
- How will dialysis affect my life?
- What is the difference between Peritoneal Dialysis (PD) and Haemodialysis?
- Can I go on holiday when I'm on PD?
- Can I go on holiday when I'm on haemodialysis?
- I would like to change to haemodialysis at home, but I do not have storage space for the supplies I will need.

It is often better to discuss these concerns with fellow kidney patients who can tell you of their own personal experiences. It is possible to do this at the Kidney Patient Support Group. They meet regularly at the Sussex Kidney Unit in Brighton on the 1st Friday of every month. If you don't want to travel to Brighton, you can join the meetings online via Zoom.

Try it out – You might find it really helps you. Contact them on kpsgsussex@gmail.com to find out more.



Kidney Patient Support Group

Run by Kidney Patients, for Kidney Patients, KPSG is a compassionate community who:

- ♥ offer unwavering support
- ♥ exchange experiences
- ♥ lend a caring ear
- ♥ provide information & resources

✓ Dialysis ✓ Transplant ✓ Outpatients ✓ Friends/Family

Level 9 Sussex Kidney Unit, Seminar Room
Or remotely via Zoom

1st Friday of every month
11.00-13.00

Please contact us or ask at Sussex Kidney Unit reception for more information

Facebook.com/groups/KPSGsussex KPSGsussex@gmail.com

One of the questions asked here might be answered by the details to follow – probably for 2025 now – considering we are in August that is not too far away



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QUALITY CARE

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BOOKING WITH US

For more information, please speak with your Travel Team, contact us on 01500 8122 888, e-mail info@lakelanddialysis.co.uk or visit our website www.lakelanddialysis.co.uk where you can make a booking enquiry as well as access lists of locally available accommodation recommended by previous visitors to the site.

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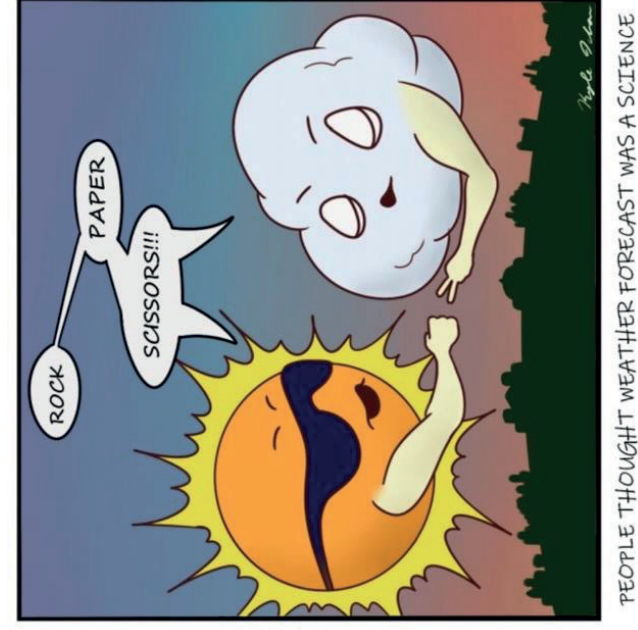
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Hope these are legible, sorry for reduction but need as much space as possible.



Just appealed to me this cartoon with the promise of summer still hanging over us.