

DORSET KPA NEWSLETTER

DECEMBER 2022



UPDATE

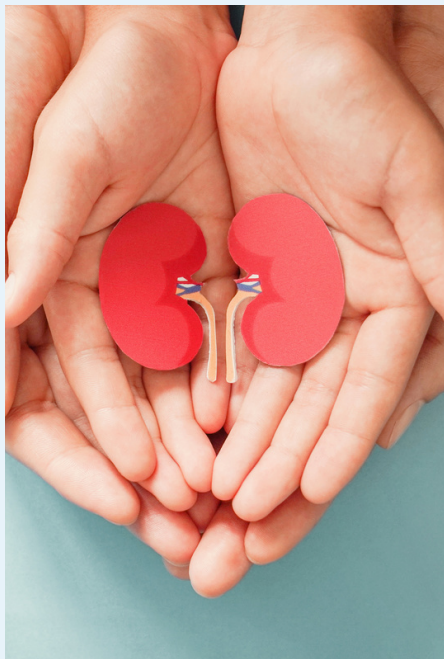
Since the last newsletter we are gradually gaining momentum with trustee meetings and have attended a patient information day in Dorchester and sent business cards to the one in Poole.

We have a website, Facebook page (for anyone to join) and a Facebook group (for renal patients from Dorset County Hospital (including Yeovil, Poole and Bournemouth).

As this is your KPA, what would you like to see/gain from the group, please send all suggestions to hello@dorsetkpa.com



USEFUL NUMBERS



Prince of Wales ward	01305 25513
Dialysis Unit	DCH: 01305 255345 Yeovil 01935 847290 Poole: 01202 307430 Bournemouth: 03000 194411 03000 194272
Dietician	01305 255377 / 254415
PD.Nurses	01305 255349
Transplant Coordinator	01305 254546
NKF Helpline	0800 169 09 36 helpline@kidney.org.uk
Kidney Care UK Support	01420 541 424

KAREN IS FLYING HIGH

Karen Kettle is going to do a skydive for NKF in February 2023.

Details to sponsor her are as follows:-

<https://www.justgiving.com/fundraising/karen-kettle>

NKF ONLINE HELP AND RESOURCES

<https://www.kidney.org.uk/Pages/Category/online-help-resources>

UPCOMING EVENTS IN 2023

These are some of the activities/events for 2023 :-

- Social Meet & Greet
- Fundraising events
- Social events
- Coffee Mornings/Afternoon
- Volunteer Evening
- Official Launch Party
- Christmas Event for 2023

SHARED CARE



I (Tracey) have taken part in haemodialysis shared care where I am not doing all tasks. You are able to choose as many or as few as you feel confident to do (you might be surprised to know that you may already do some like weigh yourself at the beginning and end, wash your fistula arm and apply pressure to needle sites post removal).

The tasks you can do are from the following:-

- Measuring your weight
- Wash your fistula arm
- Taking your blood pressure and pulse
- Taking your temperature
- Lining your machine
- Priming your machine
- Preparing your dressing pack
- Programming your dialysis machine
- Needling your fistula
- Caring for yourself during dialysis
- Removal of Needles
- Apply pressure to needles site post removal



If you would like to participate then please ask your dialysis nurse. Feel free to contact me at Secretary@DorsetKPA.com.

Note: this is not to replace the amount of nurses on the unit.

MERRY CHRISTMAS



From all of us at the Dorset KPA we would like to wish you and your family a Merry Christmas and a very Happy New Year in 2023.



FOLLOW US ON SOCIAL MEDIA

- hello@dorsetkpa.com
- www.dorsetkpa.com
- [dorsetkpa](https://www.instagram.com/dorsetkpa)



Facebook group for kidney patients only