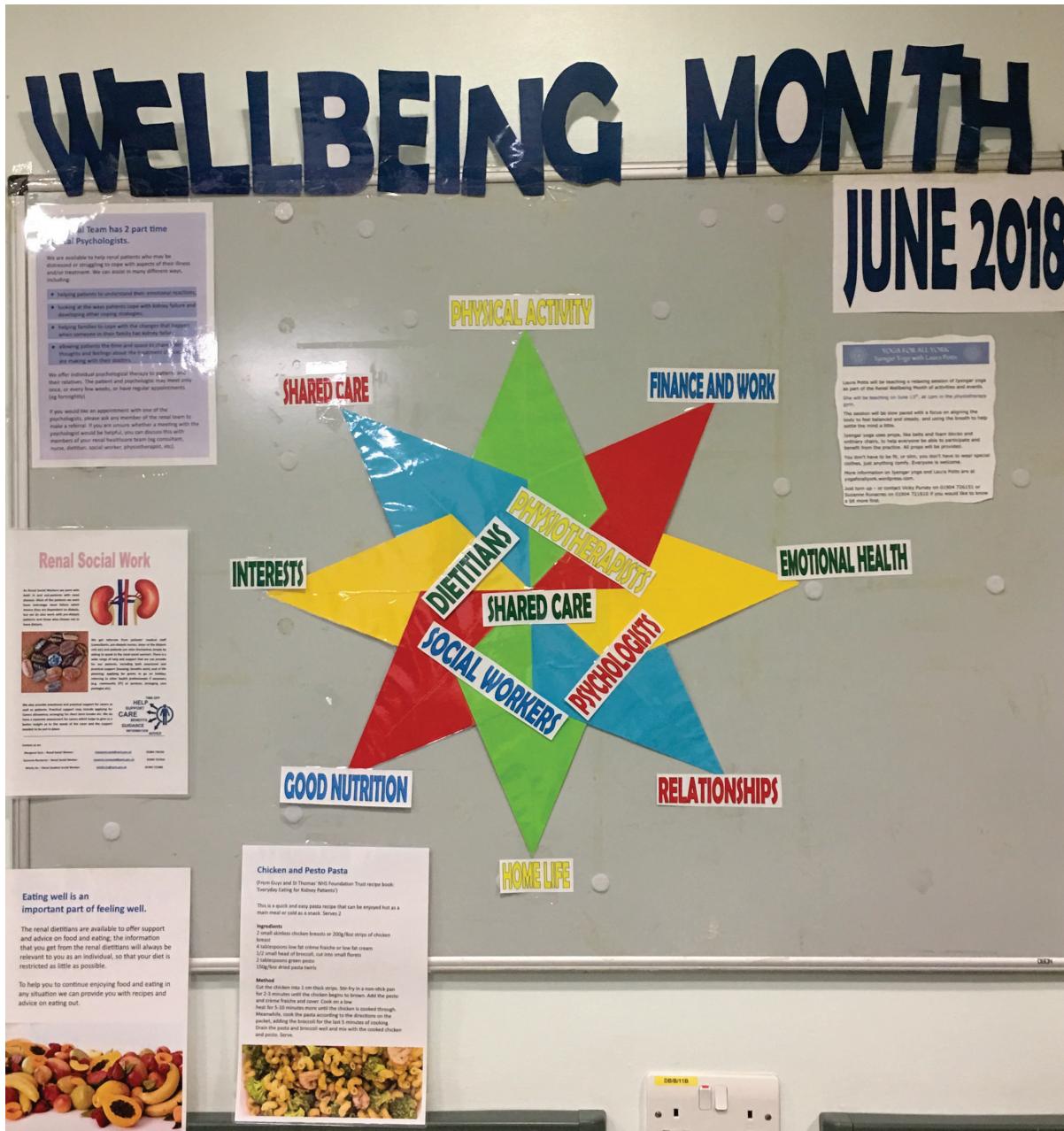


Renal Community Newsletter

Summer 2018



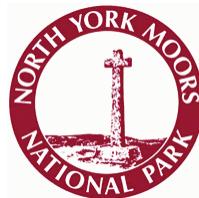
Iyengar Yoga

Laura Potts will be teaching a relaxing session of Iyengar yoga as part of the Renal Wellbeing Month of activities and events. The session will be slow paced with a focus on aligning the body to feel balanced and steady, and using the breath to help settle the mind a little. Iyengar yoga uses props, like belts and foam blocks and ordinary chairs, to help everyone be able to participate and benefit from the practice. All props will be provided. You don't have to be fit, or slim, you don't have to wear special clothes, just anything comfy. Everyone is

welcome. Just turn up – or contact Vicky Pursey on 01904 726151 or Suzanne Runacres on 01904 721910 if you would like to know a bit more first. More information on Iyengar yoga and Laura Potts are at <https://yogaforallyork.wordpress.com>



Volunteering and Dialysis



Mr Paul Hepworth has very kindly shared with us his volunteering experience with the North Yorkshire Moors National Park. Renal student social worker Windy visited Mr Hepworth at the dialysis unit in Easingwold and did an interview with him to find out about his experiences.

Q: How long have you been on dialysis?

A: I can't quite remember the exact date when I started but I think it might be around 3 years ago.

Q: How long have you been volunteering for?

A: I started volunteering exactly one year ago, and within that year I completed 1,100 volunteering hours!

Q: What did you do before you started volunteering?

A: Before I started volunteering, I used to just sit at home; I also used to do a bit of gardening when I was more mobile. I would sometimes go on my computer to work on stuff relating to my previous work. – I used to be a chemist and was at a senior research post.

Q: What made you want to start volunteering?

A: I always wanted to volunteer for the renal unit to give back to the unit but there was never really an opportunity for this. Then I saw one of the Yorkshire Moors messengers asking for volunteers, specifically asking for volunteers to participate in a project on the land of iron, which involves a tour of planting trees back in. Working on the land of iron is what attracted me initially, however it would have to be something that I could do sitting down. This is not as much to do with my dialysis / kidney failure as it is with my damaged spine and back, which happened while playing rugby when I was young. I went for an interview and got a volunteering position within the team, although the position had nothing to do with the land of iron. My position is now to provide data-inputting

assistance to the whole of the national park! I originally started off volunteering two days a week but have changed this to doing three days a week. I even work on dialysis days! Although I cannot physically be at the office on dialysis days, I have linked the main system to my home computer so that I can continue volunteering at home after dialysis.

Q: What have you enjoyed most?

A: What I've enjoyed the most is having the opportunity to get out and see people, and most of all, to be able to help other people solve their problems! It has been great making the contacts that I have made through volunteering, as before, I didn't really have anyone to talk to.

Q: How have you found balancing volunteering and being on dialysis?

A: Dialysis always comes first, and my team knows that three mornings every week I have dialysis, and so they try to fit everything in my schedule around it. My team consists of two

ladies, two men and myself, and everyone on the team really takes care of me, especially my boss. For example, I normally drive to the front entrance and my boss then helps me park round the back and also helps me bring my car back to the front at the end of the day.

Q: Do you have any words of encouragement for other renal patients?

A: Don't give up, keep doing things! You will feel you are contributing and giving something back to society this way.

Q: Is there anything else you would like to mention?

A: I would specially like to thank the whole renal unit, especially the nurses. They have really looked after me well. I am amazed as to how there are so many negative comments towards the NHS from the general public, as I personally do not have a single complaint. I would describe the care provided by staff to me as 'first class'.

We'd like to invite patients and staff from each dialysis unit to contribute news and updates from all our units. We want to hear your news and views. We'd also like to include our peritoneal dialysis and home haemo community. We're really looking forward to hearing from you for the autumn edition!

Also, we'd be keen to hear from any patient who can tell us their experience of changing between types of dialysis and / or getting transplanted. Additionally, we would love to hear about any holiday dialysis experiences!

Our newsletter can also be found on the internet, please use the website below to find out more:

<https://www.yorkhospitals.nhs.uk/our-services/a-z-of-services/renal-medicine/>

If you would like us to subscribe to our newsletter via email or have any information / questions please contact:

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