



Six Counties Kidney Patients Association

Run by Patients for Patients Since 1969

VIVA-Online: November 2020

Welcome to the second edition of VIVA-Online. The format is similar to October's with a number of articles continuing each month. The SCKPA has a wealth of archived documents that have been saved and stored since the Association began. Each month we will be dipping into interesting stories from those days, recalling past friends and memorable occasions.

We would love to hear about other councils or organisations that also responded in a similar way to The Risborough Basket. Once again we thank all our contributors for their articles.

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We are always delighted to receive contributions on any topic of interest to our readers, be it medical, what you have been up to, a holiday or a favourite recipe. Please email items to webmaster@sixcountieskpa.org.uk with photos as .jpg or .png. Articles may be edited for length.

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Kidney Beam: a new wellbeing platform for kidney patients

By Dr Sharlene Greenwood, President of the British Renal Society

A new wellbeing platform – **Kidney Beam** – has been launched to help kidney patients manage their physical and mental health through lockdown and beyond. Kidney Beam offers patients living with kidney disease a way to improve their physical activity and boost their mental health through live and on-demand movement classes and expert advice videos, while remaining in their own home.



This free online service is a collaboration between King’s College Hospital, Kidney Research UK and Beam, a health-tech platform supporting people with health conditions to stay physically active.

Kidney Beam is hosted by specialist kidney professionals, including renal physiotherapists and renal counsellors, from a number of different NHS Trusts and backgrounds, as well as people living with kidney disease. It is aimed at anyone over 16, with any ability, any kidney condition, and at any stage of kidney disease. All classes have a fitness rating so patients can choose the right level for themselves. Before and after the classes, patients can chat to other patients and the instructors, building new friendships that may help to motivate them.

With free, open access, patients anywhere can sign up to the service without a referral being needed from their doctor or consultant, although clinicians are asked to encourage patients to use the resource. Flyers and posters about Kidney Beam are available in digital and print to help signpost patients.



Kidney Research UK funding is enabling the King’s team to test the Beam platform over the next few months and they hope to secure further funding to continue. Sandra Currie, chief executive of Kidney Research UK, said, “When the team from King’s College Hospital asked us to support this pilot, we could see the enormous potential of the project, and were delighted to respond quickly. Right now, it is more important than ever to give kidney patients options to keep moving and explore new ways to maintain good mental health.”

Sharlene Greenwood, consultant physiotherapist in renal and exercise rehabilitation at King's College Hospital was inspired to begin developing Kidney Beam after her usual two weekly rehabilitation classes for patients at King's had to stop due to the COVID-19 pandemic. Renal clinical colleagues were also concerned about patients' mental health as well as their physical needs.

She said, "During lockdown, I became increasingly worried about my patients with kidney disease who were shielding at home. There were real concerns about physical and mental wellbeing, and many patients reported missing coming to our renal rehab classes that we offer at King's College Hospital, and having that interaction with people. At the time, I was also working on the frontline and seeing many patients with kidney disease who had been admitted to hospital with COVID-19. The rehabilitation needs for this patient group, not only at King's but across the country, were very apparent."

Sharlene linked with the online health platform, Beam, to develop a service specifically for patients with kidney disease. "Kidney Beam is an excellent opportunity to bring something novel and exciting to the kidney community at a time when it is most needed," she explains. "It also offers expert advice videos for kidney patients on topics such as sleep, mindfulness and social isolation, and art therapy classes too."

Graham Lipkin, consultant nephrologist and president of the Renal Association said: "Kidney Beam is a fabulous initiative aimed at the emotional and physical wellbeing of patients with kidney disease. Exercise and emotional support guided by Kidney Beam expert patients with CKD and expert professionals in exercise therapy and mental health are key elements to living well with the condition. I strongly endorse this exemplary series of programmes."

Author: Dr Sharlene Greenwood, Consultant Physiotherapist and NIHR Research Fellow, King's College Hospital, London and President of The British Renal Society

Kidney patients across the UK can sign up at <https://beamfeelgood.com/kidney-disease>

The **Kidney Beam website** offers three types of membership:

- ◆ **Live classes:** a timetable of online group movement classes run by physiotherapists and activity specialists living with, or working with, kidney disease
- ◆ **On-demand classes:** a continuously growing library of on-demand activity and educational videos led by professionals working with the kidney disease condition
- ◆ **Community groups:** meet others on the same journey as you, ask our instructors advice, celebrate your successes and motivate one another to be more active

Getting started

If help is needed getting started, there are guides for phone, tablet and computer users and a seven minute video by Sharlene Greenwood giving advice.

Read the "Safety Information for People Living with Kidney Disease" section with top recommendations from the Kidney Beam experts.

Ed: please note: on their website

"Kidney Beam is FREE until 30th November as a generous gift from Kidney Research UK. (We'll be working hard in the meantime to make this free for the kidney community ongoing)."



Gems from the SCKPA caravan

The SCKPA had a caravan on the Cobb's Holiday Park in Dorset for about twenty years until the park closed in 2013. For a few years we rented a chalet which had a Dialysis machine installed so that nurses from the Oxford Dialysis Unit could also stay on site. This meant dialysis was available for patients holidaying in the caravan. It continued until KC Dialysis Centre opened in Southbourne some 20+ years ago.

In 2010 my husband Gerry and I took over the holiday bookings from Ted Laughton. He resigned from the committee when the Northampton branch, no longer under Oxford, left the SCKPA.

In 2013 Jim Cobb, the owner, was in his eighties and the site needed updating so he decided to retire and the park was closed. It was sold for redevelopment and is now a Housing Estate.

The SCKPA caravan was too old to move to another caravan park so it had to be sold. It became obvious that because of its age it would have to go for scrap but at the eleventh hour Cobb's found a buyer for us. A local farmer wanted to use the van to accommodate the fruit pickers he employed in the summer.



That was good news, he will be happy to buy it with the contents, or so I thought. Oh how wrong I was! He wanted an empty van. How strange as fruit pickers must need the usual basics in their accommodation. Oh well not my problem, I just had to empty the van

While I was packing up the contents of the caravan, I found the Visitors Book with comments on dialysis, the weather, information on places to visit, the best places to eat and places to avoid. The more adventurous took the ferry and

spent the day on the Isle of Wight.

This is just a small sample of how some of our SCKPA members spent their holidays in Dorset.

Dialysis: October 2001

"This was my first break away since commencing CAPD nine months ago and first attempt at carrying out an exchange away from home. No problems what so ever and I can highly recommend this place for all on CAPD. Caravan is extremely clean and comfortable and spacious and the site owners very helpful. A most enjoyable few days and much needed break. Very many thanks, will return next year."

Dialysis: July 2002

“Lovely Caravan everything perfect, very nice site, everybody very friendly including my Dialysis Nurse Gareth. Weather smashing, we enjoyed it so much we are coming back in five weeks.”

2005: Eating out on holiday

“A welcome holiday and rest after transplant in February. Lovely places to visit. Christchurch and Poole Brewers Fare is NOT recommended!! The entertainment on site is fun but not very well supported. The shop is useful for all the things we have forgotten. Highcliffe Castle has lovely views and interesting exhibitions. The Italian restaurant is NOT recommended as smoking is allowed in all areas. The owner said we could sit somewhere else so we did!! We went back to the caravan and had lovely bacon, eggs, tomatoes and new potatoes. Bucklers Hard is very interesting and the weather is great. Treated ourselves to an expensive meal at the Lord Bute three courses £28 plus drinks, really nice surroundings and services. This was to make up for the meal at The Brewers Fare. Thank you SCKPA for the comfortable accommodation.”

2009: one of our young holidaymakers (age 11) wrote

“Had a nice time here weather really really nice have spent lots of time on the beach and the Beefeater does really good food. I don’t know what to say now so bye bye.”

2010:

“Another great week at Cobb’s World of Adventure. Top class entertainment in the club house each evening. Now with the addition of pies really what more could any holiday maker want? Seriously though another most enjoyable holiday, see you all next year.”

A Holiday Celebration: August 2012

“Well we are here once more having a very good time. Went to the usual places. As it’s our 30th anniversary we thought we would spend it at Cobb’s Park as we love it here so much. Better than a party. 21st August was our day so we went to the Globe for dinner. Really recommend it, very nice meal, will be back next year.”

Entry from the cleaners: Cobb’s provided a cleaning service between bookings. In 2002 one of the cleaners left this message in the visitors book:

“Very nice posh caravan the best one we have ever cleaned. Would love to stay here.”

The Caravan site closed in 2013 but patients on haemodialysis can now holiday in more exotic places.

Margaret Sharp
(secretary High Wycombe Branch)

Ed: the Kidney Matters : Holidaying section of our website has information on units in the UK and worldwide offering dialysis, general advice on travel insurance etc. and first-hand patient reviews.



From our readers

Risborough Basket – A lifeline during Covid-19

On April 30th, the Bucks Free Press reviewed a scheme to help vulnerable members of the community in Princes Risborough to survive the lockdown. Several of our SCKPA members joined the scheme and - like the Bucks Free Press – reported that it had been a huge success. Even the local MP Greg Smith got involved.

The Risborough Basket opened on March 30 and was a joint effort between Princes Risborough Town Council, the Active Community Bus and local volunteers. It offered free delivery of groceries from Princes Risborough shops to all residents in the town as well as Monks Risborough, Whiteleaf, Askett and Cadsden. Building on the initial success of delivering essentials for high street retailers, the scheme created the Risborough Basket Fruit and Vegetable Box which then covered for the enforced closure of the twice weekly market.



Greg Smith & Councillor Alan Turner in the Princes Centre

Volunteers took orders in the morning for fruit and vegetables and delivered them the same afternoon alongside orders from local shops. So, the scheme provided a vital service - while also encouraging people to stay home during the first Covid-19 outbreak.



Buckingham MP Greg Smith got involved and helped volunteer with The Risborough Basket on April 17. He spent the morning manning the phones and the early afternoon packing fruit and veg orders before setting out to deliver to residents. Greg said: "The Risborough Basket is an incredible community response to the Covid-19 crisis, ensuring the residents of Princes Risborough who are isolating are able to get fresh fruit and vegetables, as well as other items from local stores. This is

both a lifeline to people unable to leave their homes and local retailers. It was a pleasure to be able to help out for the day and see first-hand how hard everyone is working to support the community. This is the Great British spirit on display."

Councillor Alan Turner acknowledged "It's been a huge success so far, but it does require good organisational skills, lots of volunteers and someone to oversee the project with good links both within and outside of the community. Also, we mustn't forget that we could be in this for a considerable period of time, so stamina and determination will be required."

The Fruit and Vegetable Box delivery scheme closed when volunteers started returning to work, but all the Risborough retailers continue to offer online services.

From the Bucks Free Press, 30th April 2020, article by Stephanie Wareham

Online Shopping Blues

2020 has been the year our buying habits changed, possibly for ever. Even though we had wonderful neighbours and friends, many goods had to be sourced online: groceries (if you could get a delivery slot), household items, DIY materials, plants for the garden, games to keep us amused and the odd case of wine. Generally our deliveries came on time and of course we were always in to receive them. However not everything went smoothly.

There were two family birthdays approaching so I needed suitable presents. I try not use Amazon every time so was pleased to find a small company with an excellent selection of gifts for all ages. Sadly the whole process did not go quite to plan!

- ◆ I placed an order for a jigsaw and a book. To get free delivery I added a couple of possible Christmas stocking fillers. I paid by plastic and received the confirmatory email.
- ◆ After a week with no news and no delivery, I rang customer services:
“Unfortunately your order cannot be dispatched as two items are out of stock.”
Luckily the two I wanted were available so we agreed they would be posted straight away. I cancelled the stocking fillers and got a refund.
- ◆ After a week with no news and no delivery, I rang customer services a second time:
“Unfortunately your order cannot be dispatched as the jigsaw is out of stock.”
We agreed that the book would be posted immediately and the jigsaw would follow in six days when back in stock.
- ◆ After a week with no news and no delivery, I rang customer services a third time:
“Unfortunately your order was not dispatched as it was waiting for the jigsaw. The jigsaw is now in stock but unfortunately your order cannot be dispatched as the book is currently out of stock.”

At this point I gave up and cancelled everything as sadly both birthdays had been missed. The company gave me a full refund.

However, the story doesn't end here!

- ◆ After a few days there was a ring at the door and a parcel on the doorstep. My order for the book and jigsaw had been delivered. I rang customer services, said I was happy to buy the two items and paid by plastic. Two Christmas presents were now sorted.
- ◆ After two days there was a ring at the door and a parcel on the doorstep. My order for the book and jigsaw had been delivered again! I rang customer services for the fifth time. After a very friendly chat about the problems with their new order system, it was agreed I need not pay for nor return the items but please would I give them to a charity.

Fortunately I have friends with grandchildren. They were delighted to buy both and make a very generous combined donation of £40 to SCKPA!

In the end I got my presents and SCKPA got a donation, but I hope this company can sort out their order system quickly as the Christmas rush apparently has started.

Pam Pitcher (member Stoke Mandeville branch)

A day in the life of a renal technical manager

I have recently taken over from Andy Mosson as the Renal Technical manager, and while it's a huge set of shoes to fill, I am confident I can still provide the level of service to our Renal units and home patients that is expected and required. I've been in the department since January 2018 but previously worked for B Braun Medical Ltd as a renal Technologist since 2009.

2020 as you will all be aware has been a very challenging and different year with the onset of Covid-19. Since lockdown on 23rd March life as a renal technologist became somewhat different and challenging. A side effect of CV19 was an increase of around 30-35% in renal failure meaning the Intensive Care Units (ITUs) were at first having to filter patients and then dialyse. Usually we are only called upon to install a dialysis machine and single patient ROs (reverse osmosis) in ITUs around once a month, but almost from the beginning we were getting daily calls from many departments at the John Radcliffe hospital.

With a view to setting up a dedicated CV19 secure ward in another department that had been closed down at the start of the pandemic, we had to survey, fabricate and install machines within a few days.



Oh no, what now?



Exhausted in PPE

The phone didn't stop ringing for the next few days with other sites needing help. With wards already being CV19 positive we had to survey and install machines in full PPE gear meaning it gave a small insight into the conditions suffered by the staff treating the patients. I can tell you it was incredibly uncomfortable being in it for only a couple of hours.

We became even more skilled at working with Plumbing fittings. Using the John Guest type speed fit system we were saving time as well as having greater flexibility. Trip hazards were an issue while installing temporary ring mains but we worked with the staff to minimize them.

I fabricated Block carbon filter holders from surplus B Braun citric acid holders that slotted very nicely over our DWA single patient ROs. These were required as carbon will remove all the chlorine from the potable supply water and this would have been very dangerous to our patients.

Instructing the staff to do chlorine tests every time they used the temporary setup also proved a bit of a challenge. However the nursing staff were excellent with the work being done mainly by the current ward staff.

Their ward jobs in turn were done by 3rd and 4th year medical students. We also had to train these guys when small technical errors occurred but they were very enthusiastic with it all. There was a really great community spirit and a 'just get it done' attitude during this time.

Our biggest project was moving the Horton renal unit from Banbury down to Oxford utilising the Orthopaedic Short Stay Unit (OSSU) ward at the Nuffield Hospital. We were allocated some space and filled it very well putting in a temporary water ring main, filters and drain points. We completed the job over a Saturday evening and Sunday and we were pretty proud of this, causing minimal disruption to staff and patients (well apart from the unavoidable extra travel).

During this time Andy Mosson and I were also attempting to do a proper hand over knowing that his retirement was imminent and I had been successful in my application to take over. I think we got this right, and with Andy having the most brilliant filing system and very efficient data storage it's been mostly OK.



At last, job done!

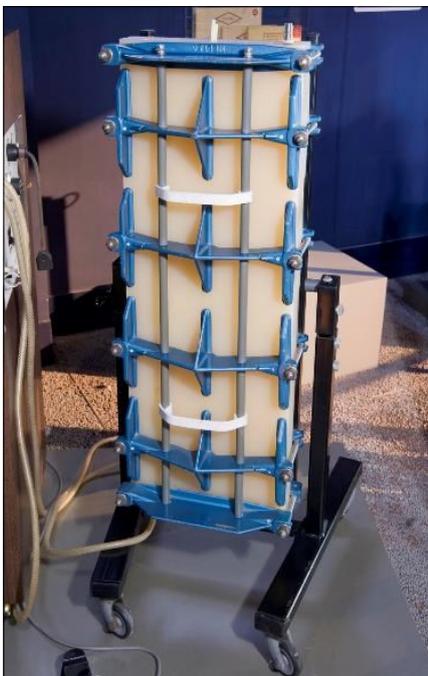
Andy Tucker (renal technical manager, Churchill hospital)

Ed: DWA is a manufacturer of reverse osmosis machines.

B. Braun Medical Supplies is a leading provider and manufacturer of healthcare solutions.

Kiil type flatbed dialyser

While going through a box of archived material kept by the renal technologists, an Assembly and Servicing Instructions manual for the Kiil type dialyser was found.



These dialysers were used in the 1960s having been developed in Norway by Fred Kiil, MD. They were more efficient than earlier machines as no blood pump was needed and excess fluid was removed by the use of negative pressure on the dialysate effluent line.

The Kiil could be used for overnight, unattended haemodialysis. However, reading the manual, they obviously required regular skilled maintenance. Two operators were needed to dismantle, clean, re-assemble and test - a process involving dialyser boards, seals, gaskets, 'O' rings, bubble trap holders, blood-ports, blood-port housings unchannelled, blood-port housings channelled, dialysing fluid ports, clamps, membranes, torque-wrenches, Silastic 732 adhesive and Evostick 625.

Modern machines work on the same principles but hopefully are much easier to service! They are also more sophisticated allowing drugs to be administered to prevent blood coagulation and collecting data during treatment such as blood pressure.

Fresenius Medical Care started production of dialysis machines in 1979, taking just over thirty years to build the first 500,000. Recent forecasts predict that the 1,000,000th machine will have been delivered by the end of 2020.

Image: Science Museum, London: Science & Society Picture Library

Oxford Young Adult Clinic

The British Transplant Games

The first transplant games, the 'Transplant Olympics' were held in August 1978 in Portsmouth and were sponsored by the Sunday People. They were the brainchild of transplant surgeon Maurice Slapak who was the founding president of the World Transplant Games Federation until 2004. The Federation now has 76 member countries sending a representative national team to the games held every two years. All competitors must be recipients of an organ transplant be it kidney, liver, heart and/or lungs, pancreas or bone marrow. The aim and purpose of the Federation is:



- ◆ *to increase organ donation by involving the public and to increase knowledge, perception, sympathy and support for that unselfish gift of life*
- ◆ *to use physical exercise to effectively rehabilitate patients who have been physically and mentally debilitated by long term chronic illness*

In 1978 ninety-nine competitors took part and the joint winners of the commemorative rosebowl, presented by the Lord Mayor of Portsmouth, were Jervis Street Hospital Dublin and St Mary's Hospital, Portsmouth.

The **British Transplant Games** is the flagship project of the charity Transplant Sport and has been in existence for 40 years. It takes place in different host cities every summer where teams from hospitals across the UK come together to compete in a medley of sports. The 4-day event attracts around 1,000 transplant athletes and more than 1,500 supporters. Competitors, including children as young as five, can compete in more than 25 sports and many go on to compete at the World Transplant Games. The events include:

- ◆ **adults:** archery, squash, 10 pin bowling, darts, tennis, table tennis, golf, cycling, walking, mini marathon (3k or 5k), badminton, swimming and track & field events.
- ◆ **children:** tennis, cycling, walking, swimming and track & field events (25m, 50m, long jump, ball throw).



These games are not about sporting excellence but having a go and participating with peers in the same situation. The photo above shows the OYAC team at the European Games in 2018.

Team Oxford

Team Oxford can be extremely proud of their efforts at the 2019 British Transplant Games, held for the first time in Newport, Wales. With a total team size of 40 (25 Competitors and 15 supporters) Team Oxford returned with an impressive haul of 27 medals, 12 of which were Gold, 9 Silver and 6 Bronze. Taking place from 25th-29th July the Games ventured to Wales for the first time with an amazing 900 transplant recipients competing in a wide range of sports and representing over 50 transplant centres from across the UK.



Team Oxford is a group of transplant patients who have received care of a life enhancing transplant at the Oxford Transplant Centre. Each individual is a real ambassador of the service provided by Oxford University hospitals. One member of team said,
“It’s such an honour to participate in the games each year and represent Oxford. I am here fighting fit, playing sports and winning medals because of my donor, I will be forever grateful to them.”

This year we welcomed seven new additions to the growing Team Oxford who all performed amazingly well. Special mention goes to the football team for beating Team Wales in the final and winning Gold after three previous years as runners up. Sean Walsh was given the award by the team manager Daley for the best team athlete having completed the medal set of Gold in football, Silver in table tennis and Bronze in 100m. Will Kempster became king of the archers winning Gold in the archery with Golds also coming from Jamie Lonsdale in the squash and an impressive run by Sarah Reynolds in the 100m. Matt Domingo also impressed at his first games taking Silver in the 800m and Bronze in the Javelin.

A huge well done to all the other medallists and competitors, you made Oxford proud and your donors even prouder.

Open to all transplant recipients, these games seek to celebrate the life-changing effects of transplantation. Transplant Sport encourages transplant patients to regain fitness, while increasing public awareness of the need for more people to sign on to the NHS Organ Donor Register and consider live donation.

To find out how to get involved email:
Team manger Daley at
Daley.cross@ouh.nhs.uk

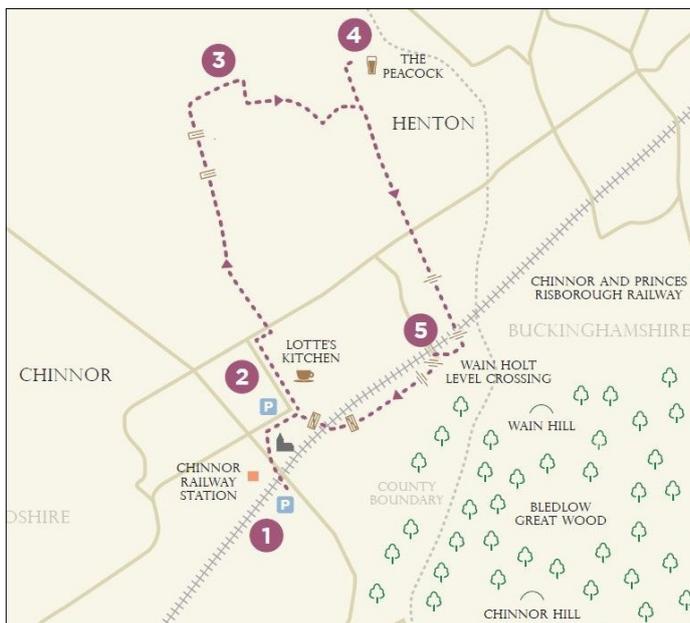


Unfortunately due to the current situation this year’s games have been postponed. However Team Oxford is hoping to attend next year’s in the city of Leeds. The following year, 2022, the games were scheduled to be held in Oxford but this is now uncertain.

For news on future British Transplant Games, keep an eye on www.transplantsport.org.uk.

Walks across six counties: Panniers & Cement

This issue's walk through Midsomer Country moves across from Buckinghamshire into Oxfordshire, centred on the Chinnor and Princes Risborough Railway (CPRR). The station at Chinnor featured in *Midsomer Murders* as 'Holm Lane Junction' and other scenes were shot in the town and in Henton. This walk of five miles passes *The Peacock* in Henton which Chris Behan and I would recommend for lunch or elevensies. The walk is broadly level with the Chiltern Hills as a spectacular back drop. Chinnor Station opened in 1872 on the line which ran from a junction at Princes Risborough. It survived until 1990 as an industrial line into the now defunct Chinnor Cement Works. Today it is the terminus of a heritage railway, steam usually provided by Great Western pannier tanks, hence the walk title. Once again, the map shows the route but we recommend using the Ordnance Survey Explorer Map, Sheet 181.



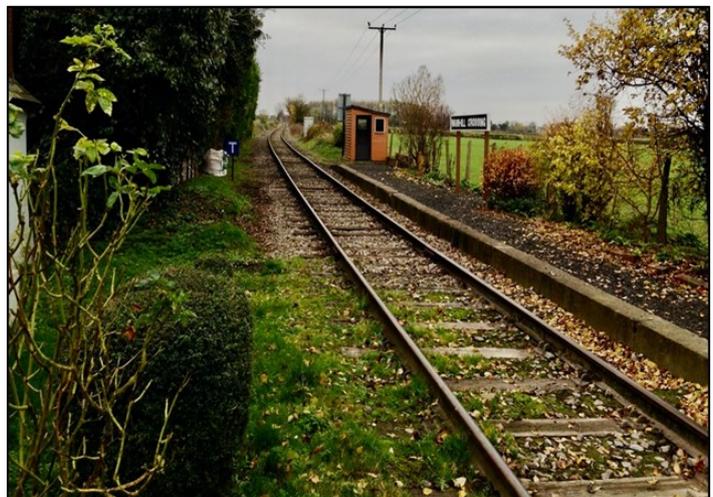
The walk starts in the CPRR car park (1) and crosses the railway bridge, then right into Church Lane to wind to St Andrew's parish church with a chancel screen of the 1320s, possibly the earliest surviving in England, and has some good medieval stained glass. Beyond the church and shops, turn left into Chinnor's High Street (2). At the T-junction by The Red Lion turn right onto the main road, the B4009, leaving it shortly to go left into Holland Close. The close soon gives way to countryside, firstly as a track and then footpaths, heading almost due north until reaching a T-junction with a tarmac lane (3). This leads into Henton village, turn left along its straggling main street, then right

to *The Peacock* (4). Suitably refreshed walk back through the village and continue, crossing the B4009 (a slightly staggered crossroads), onto a footpath with 'Wainhill' on the sign.

On reaching the railway line cross it via stiles, then across a paddock. Turn right to head west between a house and a barn. At the lane (5) turn right at the *Thatched Cottage's* name sign and follow the footpath, parallel to the railway, re-crossing the railway line near Chinnor via modern steel gates. The lane then curves back into the town centre. Retrace steps past the shops and church back to the CPRR car park.

Distance: 5 miles, 8 km

Going: easy



Kidney friendly recipes

Salmon Salad for 1

- ◆ Small tin of salmon, bones removed
- ◆ 4 lettuce leaves
- ◆ 1 spring onion
- ◆ 1 bunch of watercress
- ◆ 2 slices of beetroot
- ◆ 3 rings of red pepper
- ◆ 3 new potatoes
- ◆ 3 cherry tomatoes
- ◆ 1 tablespoon of coleslaw

Method

1. Halve the potatoes and boil in plenty of water until soft then drain
2. Cut the salad ingredients into small pieces and toss together
3. Arrange the salad and potatoes on a plate
4. Place the coleslaw and salmon in the middle of the plate and serve

Tuna in spring water may be used instead.
Double up the ingredients for two people

Rice Fishcakes for 4

- ◆ 200g tinned tuna in spring water
- ◆ 112g white rice, cooked, not rinsed
- ◆ 1 medium egg, beaten
- ◆ Pepper to taste
- ◆ Lemon juice to taste
- ◆ Flour or oats for coating
- ◆ Oil for shallow frying

Sauce

- ◆ 25g margarine
- ◆ 1 tbsp chopped chives
- ◆ 3 tbsp crème fraiche
- ◆ 1 tbsp lemon juice

Method

1. Mix the fish, rice, beaten egg and seasoning thoroughly in a bowl
2. When cool, shape into fishcakes and roll in the flour or oats
3. Put in the fridge for 30 mins before shallow frying in oil for 10 mins, turning once.
4. Place all the ingredients for the sauce in a saucepan. Stir while heating
5. Serve the fishcakes with the sauce in a dipping bowl and a salad.



Chicken & Sweetcorn Stir Fry for 2

- ◆ 200g chicken breast cut into strips
- ◆ 2 small shallots chopped
- ◆ 1 small can sweetcorn, drained
- ◆ 30g frozen peas
- ◆ 2 heaped tbsp crème fraiche



Method

1. Fry the shallots and chicken in a little oil for about 15 mins until cooked, turning frequently
2. Add the peas and sweetcorn
3. Cook for a further 5 mins
4. Add the crème fraiche
5. Season with black pepper and stir
6. Serve with boiled rice in a separate bowl

From NKF's "Food with Thought" recipe collection

From the archives: 2006

John o'Groats to Lands End - by Bike!

“Three girls, Lucy, Polly and I, decided to cycle the length of the country but none of us had any cycling experience, nor did we have bikes, nor much of a sense of the route come to think of it! Some swift practising, purchasing and researching later we were at the murky, deserted John o'Groats on 4th August for the start of our exciting adventure.

Scotland was beautiful, uncrowded and far more vast than I had imagined. The hills, however, were exactly as I imagined, and with determination (and a few giggles) we soldiered on through the beautiful villages of Tomintoul, Beaulieu, Braemar and the amazing city of Edinburgh. Cycling south through England was more of a challenge as the roads got busier and the scenery considerably less awesome, but on the positive side, we were in the 'swing' of things; the legs truly firmed up and the bums hardened! We stayed at hostels and small B&Bs throughout apart from staying at friend Pippa's farm in Somerset and an Army camp in Devon. The majority of our hosts were friendly and sympathetic, and those with hot baths and fluffy duvets will be remembered forever!

The riding pace hotted up as we hit Cornwall and, with a crowd of boyfriends, parents and friends behind us, we had something to prove. Land's End was considerably more

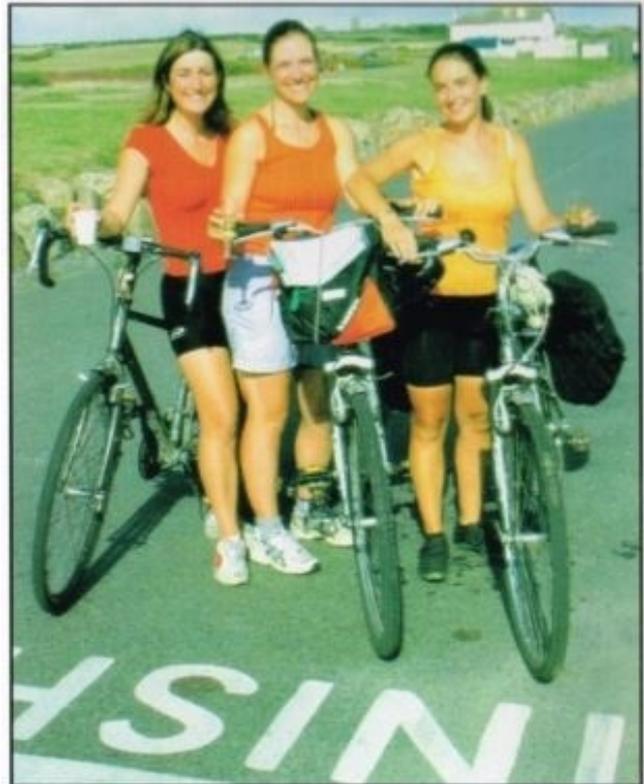
glamorous than the start and we especially enjoyed the warm welcome from the staff at the visitor centre as well as the champagne of course!

The cycle ride was an amazing experience and I strongly recommend it to anyone who is thinking of doing it. It was enjoyable and rewarding and gave me a lot of confidence. My dad, Michael Chandler, cycled Land's End to John o'Groats about 18 years ago with kidney failure and that really gave me the inspiration to succeed. I wished we could have done it together but I was happy to see him supporting us at the end.

In total I raised £478.63. I hope this will help towards the Transplant Centre.”

Gemma Chandler

Ed: Gemma's father Mike was a dialysis patient and sadly died many years ago.



Lucy, Polly, Gemma

Conundrum corner

London Underground Stations

Decipher the clues to find the names of 26 stations. Answers next time.

1	An angry monarch	14	East Midlands city with four corners
2	Nelly with a fortress	15	Does BA park its planes on this street?
3	University big top	16	When London is covered in snow
4	Tall entrance	17	Very large weight of building blocks
5	Do rabbits live here?	18	Sheep farmer's shrubbery
6	Not amused	19	Final resting place for Arsenal supporters
7	Store up effectively	20	Line up to plant the flowers
8	A grand place for a tea party	21	A channel by the edge of the sea
9	Beeping street	22	A doll with a tin
10	The monarch's acorns grow here	23	How Elizabeth does things
11	Stretched circle	24	Blackboard writing implements grow here
12	Stop your car like a king	25	Roger Bannister got there in under 4 mins
13	Perimeter clothing	26	The acorn tree's on fire!

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Answers to October's Quiz

1	There are 7 Days in a Week	14	There are 7 Sides on a Fifty Pence Piece
2	There are 60 Seconds in an Hour	15	There are 8 Planets in the Solar System
3	2 Halves make a Whole	16	There are 5 Rings on the Olympic Flag
4	There are 90 Degrees in a Right Angle	17	There are 12 Signs of the Zodiac
5	There are 6 Faces on a Cube	18	There are 18 Holes on a Golf Course
6	There were 6 Wives of Henry the Eighth	19	You get 200 Pounds for passing Go in Monopoly
7	There are 11 Players in a Football Team	20	A Stitch in Time saves Nine
8	There are 13 in a Baker's Dozen	21	221b Baker Street is the Home of Sherlock Holmes
9	There are 7 Wonders of the World	22	There are 13 Cards in a Suit
10	There are 193 Full Members of the United Nations	23	There are 54 Cards in a Deck
11	There are 7 Colours of the Rainbow	24	There are 26 Letters in the Alphabet
12	7 Brides for 7 Brothers	25	There are 88 Keys on a Piano
13	There are 7 Harry Potter Books by Joanne Kathleen Rowling	26	There are 124 Postcode Areas in the UK

Sudoku

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

Sudoku involves a grid of 81 squares divided into nine blocks, each containing nine squares. Each of the nine blocks has to contain all the numbers 1-9 within its squares.

Each number can appear only once in a row, column or box. Also each vertical nine-square column or horizontal nine-square line across must contain the numbers 1-9, without repetition or omission.

Every puzzle has just one correct solution.

Word Search

Find the names of these wild flowers hidden either across, backwards, down or diagonal

O	H	A	T	H	N	I	A	T	N	A	L	P	H	R	I	O	N
Y	A	R	R	O	W	W	I	L	L	O	W	H	E	R	B	T	I
H	A	T	F	E	C	O	W	S	L	I	P	E	D	B	I	D	E
I	E	R	C	A	V	T	N	A	A	Y	T	U	L	G	I	T	L
U	R	W	P	S	U	O	I	B	A	C	S	I	D	H	M	A	L
T	A	R	E	I	W	V	L	H	T	N	E	I	C	D	N	T	U
S	A	P	R	D	S	G	L	C	S	O	E	R	A	S	T	R	M
O	N	N	R	A	G	W	O	R	T	E	O	M	F	D	I	E	U
D	U	O	S	T	O	N	E	C	R	O	P	E	O	G	N	F	T
O	P	V	E	Y	A	W	R	B	T	R	O	W	D	N	U	O	W
H	A	W	K	B	I	T	A	A	L	K	A	N	E	T	E	I	B
I	U	S	T	I	T	C	H	W	O	R	T	H	I	S	T	L	E

Alkanet	Daisy	Plantain	Stitchwort	Trefoil
Anemone	Hawkbite	Ragwort	Stonecrop	Willowherb
Clover	Mullein	Scabious	Tansy	Woundwort
Cowslip	Orchid	Snowdrop	Thistle	Yarrow

And finally

The Award-winning Renal Ward Terrace, 2006

“Can you believe it? We won the Gold Award for the renal ward terrace from the Oxford in Bloom competition. We share it with another garden area and the chapel that was also entered in the 'breathe easy' community category.

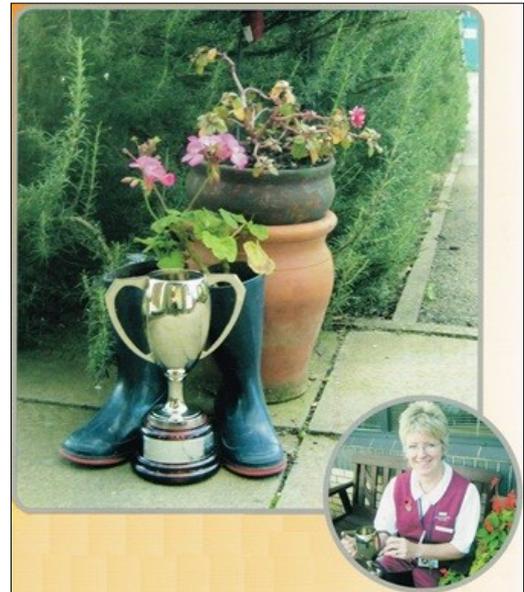
I would like to thank everyone for their support and enthusiasm, also to those who dead headed and watered! Your help is very much appreciated. In fact it is vital, as my time is also needed on the ward.

The garden still looks colourful due to the mild weather, but we will soon be needing autumn and winter colour. All plants or donations for this area would be gratefully received.”

Sue Davis, Senior Ward Housekeeper, Renal ward

Muriel Crecraft, editor in 2006 added:

“Congratulations and many thanks on behalf of all patients to Sue for her efforts. It is our garden so please remember to pull up a weed, water a dry patch, pick up a bit of litter, and don't drop litter in the first place!”



My review of Christopher Nolan's film Tenet (12A)

Tenet is a weird and complicated story, so it's hard not to give anything away. It's your choice whether you want to read this review although I've made sure that everything I say about the movie happens, or is revealed, in the first half an hour of the movie.

My personal scores (out of 10): Overall:8.5

Depth: 9 Story: 7 Acting: 8 Graphics: 8

Characters: 4-8 Comedy: 4 Music: 8 CGI: 9

Viewer understanding: 4

Tenet is a complicated story about something called "Inversion", a new kind of time travel in which people or objects can switch the direction they flow in time. I would describe its genre as a mix of a classic spy movie like James Bond, as well as science fiction with the same unsettling vibe as Inception. I don't want to give anything away but when you watch it remember that there are many references to the future (or the past) hidden almost out of view in some scenes. As well as insane scenes that leave you scratching your head for 5 minutes, there are also car chases and fights that'll give your brain a break.

It's a great movie, but if you're looking for a quick movie to watch on a Monday night, don't even think about the two and a half hour beast known as Tenet.

Ray Wood (age 12, High Wycombe)

