



# Six Counties Kidney Patients Association

Run by Patients for Patients Since 1969

## VIVA-Online: October 2020

While we are unable to publish our quarterly VIVA! magazine that is sent to members and distributed to kidney units, we aim to produce a monthly online version with a leading medical article, contributions from members, stories, items of interest and puzzles to keep the little grey cells active.

Welcome to the first edition of VIVA-Online and we hope you enjoy reading it. We thank all our contributors for their articles, some of which were produced at very short notice.

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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](mailto:webmaster@sixcountieskpa.org.uk) with photos as .jpg or .png. Articles may be edited for length.

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# Oxford vs COVID-19 – a battle on many fronts

by CG Winearls Consultant Nephrologist 1988-2019

Retired and High Risk, I have been a spectator of this battle, still raging, but I can therefore write without conceit about my pride in what our Oxford teams have done.

The Oxford vaccine is very clever. Prof Sarah Gilbert and her team in the Jenner Institute have by genetic manipulation, put the “fang” a.k.a. the spike protein of the virus, SARS-CoV-2, into a harmless chimpanzee virus so our immune systems will respond to it as if it were SARS-Cov-2. They made it within weeks of the virus’ structure becoming known, and were testing its capacity to immunise volunteers against the important bits soon after. It does. Now we wait with trepidation to see whether it will protect us from being infected, the ideal, or at least allowing a rapid response to the invasion and limiting the damage to the lungs. Listen to her being interviewed by Prof Jim Al-Khalili on BBC Radio 4 “The Life Scientific”. Thank goodness she did not abandon her career in science: <https://www.radio-uk.co.uk/podcasts/the-life-scientific> (episode 225).

A team of clinical trialists including our own Richard Haynes and Marion Mafham, were equally quick off the mark. They recognised that in desperation all sorts of treatments would be tried so set up the RECOVERY Trial to test plausible candidate treatments against best standard care for efficacy and safety. They showed that hydroxychloroquine favoured by Mr Trump was ineffective as a therapeutic agent but we still do not know whether it could prevent disease if taken as a prophylactic. The most striking result they have obtained so far was the benefit of giving corticosteroids in the form of dexamethasone to patients who need oxygen. It reduced mortality significantly and is now part of standard of care worldwide.

The Oxford Kidney Unit (OKU) clinical teams faced a daunting challenge. They are not overstuffed and how would they cope if medical, nursing and other staff were ill? Haemodialysis patients were particularly vulnerable so cross infection in the units to which the patients came from the community three times a week had to be prevented. Dialysis frequency was where possible reduced to 2x week and infected patients were cohorted and isolated. Forty of our In-Centre haemodialysis patients contracted COVID-19 of whom 9 have died. The mortality was 2% compared to 2.6% in the whole of England. The team took early precautions, recording all patients’ temperatures on arrival, isolating and swabbing those with symptoms. Both patients and staff wore face masks. Since June we have been swabbing all patients every 2 weeks for SARS-Cov-2 and are picking up a small number of asymptomatic patients.

Clinics had to go on so most of these were done by telephone and a few by video, saving time and keeping our patients safe at home. It has been so successful that it may be used when life returns to normal. An evaluation by patients showed how effective they found this.

The Renal Transplant Team was one of the few nationally to carry on doing transplants from Deceased Donors so our patients on the Waiting List were not disadvantaged. The Living Donor Programme was suspended but is now back up and running. Thirteen of the many transplant patients (0.9%) we care for developed COVID-19 of whom 2 died. Considering that all transplant patients are taking drugs that damp the immune system this was a relief.

The last challenge was unexpected. Standard treatment for acute renal failure on Intensive Care Units

(ICU) is by use of a “haemofilter” machine that pumps blood through a filter generating fluid without the blood’s useful components, then discarding it. This is replaced with a pure fluid which comes in 10L bags. There was so much COVID-19 associated acute renal failure nationwide that the country ran out of replacement fluid. So, the ICUs had to ask whether the OKU could provide haemodialysis which does not require commercially sourced replacement fluid. The HD machine makes its own 240 litres of dialysis fluid per treatment. There is one snag. A haemodialysis machine needs to be run by that precious person, a trained HD nurse. Mostly they are used to haemodialysing stable regular patients, not very sick individuals with unstable blood pressures. They would have to care for them at close quarters wearing the uncomfortable PPE. Dr Clare MacEwen provided the liaison with ICU, Professor Chris O’Callaghan and Dr Kathryn Bull did all the advising in the John Radcliffe ICUs and Matron Thornley oversaw the HD support programme, took the flak and returned it! Patients did not suffer as a result of this shortage of commercial replacement fluid. We are very proud of how our nursing team stepped out of the comfort zone of outpatient care to support the most critically ill patients- with such impressive results – in terms of both recovery and survival.

This all goes to show what the NHS can achieve when faced with a crisis. I hope our Prime Minister, a man fond of rousing phrases like “world class” and “moon-shot” will have a longer memory than before, when he is told that you cannot get to the moon on a Boris Bus with a half empty fuel tank and a shortage of bus drivers.

#### Acknowledgements:

I thank Prof Richard Haynes, Dr Phil Mason and Clinical Director Allie Thornley for their help with this article.

Any errors are mine. C G Winearls

## How we survived lockdown! by SCKPA members

### Baking & Jigsaws

Our daughter decided to escape from her flat in London and stay with us during lockdown so I was kept very busy with lots of cooking, baking, washing and other activities. I rearranged all my kitchen cupboards, discarding unwanted tins and chipped crockery that I then managed to replace through eBay. We even started clearing out the garage and creating piles ready to take for recycling. It appears we acquired a lot of phones and personal devices over the years, many now obsolete!

Fortunately we live on the edge of the Chiltern Hills so we could take daily walks in the field behind and have many of our meals in the garden during the hot spell. Jigsaws and crosswords filled any spare time that we had and it was surprising how quickly the weeks went by.

Pam Pitcher (webmaster)



The World of Shakespeare  
Jigsaw puzzle by Lawrence King Publishing Ltd



Eleven found so far!

## **Painting and Decorating**

Lockdown when you live alone was going to be lonely so I needed to find things to keep me occupied. I had rooms that needed decorating and a garden and greenhouse that needed attention after the winter. So the week before lockdown I went to Home Base and the Garden Centre. I now had all my lockdown supplies.

I planned each day so I had a reason to get up. It would have been so easy to stay in bed with a cup of tea and a good book. I cleaned the greenhouse and managed to grow enough plants for all my patio pots and I also have a lovely crop of tomatoes. The bedroom, hall and kitchen have all been decorated and I have cleared out cupboards. I now have enough rubbish to fill a skip!

I still found time to keep in touch with family and friends, sit in the sun and read and relax. Would I have done all these outstanding jobs if it hadn't been for lockdown? Probably not and I still have so many more interesting things to do.

Margaret Sharp (secretary High Wycombe Branch)

## **Spring Cleaning and Cycling**

This was the best opportunity we have ever had to clear out the attic, garage and shed. Not that we did half of what we wanted to do. Our enthusiasm waned after only a few weeks, although I did manage to clear out the shed which has now reverted to its usual state. I'm afraid throwing things away is not in our genetic make-up!

Having been classed as "shielding" as most of us were, with all our family abroad we were dependent on a wonderful group of friends and neighbours for our shopping. They were a life line to us. We became addicted to "Calnan's" Cumberland sausages and "The Orange Bakery's" cinnamon buns. Watlington is a great place for foodies!



In order to keep fit and keep our weight down my mother and I went out for a daily walk and I usually managed a bike ride. We were given an exercise bike by our neighbour and kept fit working off the effects of all the home made cakes! We started trying to improve our Spanish which was fun and stimulated our brains. We also tried to do a crossword puzzle each day (The Times) which we never finished but it kept the brain cells going. The time passed quickly and with regular phone calls to our family we got through it in as pleasant a way as possible.

Mary Ollivant (age 95)

**Ed:** an inspiration to us all on her exercise bike.

Anne Ollivant (secretary Oxford branch)

## Coping with Shopping and Substitutes

Our biggest concern when lockdown hit us was buying our weekly groceries. We had never previously bought groceries online and found it almost impossible to find delivery slots with any of the major supermarkets. Someone told us Tesco released its delivery slots after 11 pm, so one night we stayed up till midnight to grab a slot with Tesco and work through our order.

It wasn't till mid-April that we were put on the shielding list and things changed. Suddenly all the supermarkets emailed us, but even then the only one able to offer a weekly recurring slot was ASDA, so we have stayed with them.

It has worked pretty well, but we are still mystified by some of the substitutions supplied when items are out of stock. One week we ordered **KIWI Shine and Protect Shoe Polish**.

What was supplied as a substitute? ..... **CIF Citrus Burst Bathroom Cleaning Mousse !!!!**

Explain that one if you can.

Martin Wood (member High Wycombe branch)

## No Birthday Celebration and Marigolds

What a strange year it has been so far. In mid-March I somehow thought we would be back to normal by mid-September (some 6 months later) but now everyone keeps talking about the "new normal", whatever that is supposed to be.

I guess the earliest time that it really hit home to us was on 15<sup>th</sup> March (my wife Barbara's birthday). We were scheduled to fly to Perth, Australia on the following day. Our seats with Singapore Airlines had been checked in online, our bags were packed, and the taxi to Heathrow was booked for early a.m. We were all set to go until we heard on the news that Australia was making all visitors isolate for two weeks on arrival effective at midnight that night. For various reasons we decided not to travel and we postponed our holiday until February 2021. We have got over the disappointment but even the re-scheduled date seems unlikely at the moment.

Because of lockdown we were unable to buy any petunias for our garden pots. However, on a bright note we managed to get some marigolds and they have done really well.



Richard Van Roon (SCKPA Chair)

## **Lockdown Blues & Reds**

Lockdown and shielding had its ups and downs. We felt safe. We were maintaining strict social distancing. Two shielding offices contacted us to say they were there if we needed help. We found plenty to do. We painted the doors, skirting boards and stair-rails inside the house and the gate, fence and shed outside. We read books and we dipped into operas, ballets and other stuff on YouTube. But there was always something missing. We missed going out for the day. We missed seeing friends for coffee and, above all, we missed being with the family and the grandchildren. All we wanted was something different to break the routine.

Then we saw that Cote (the restaurant) was offering a delivery service for its meals. We ordered a couple of mains with sides and desserts and, to qualify for free delivery, we ordered six bottles of red wine (of course!). The delivery date was set, but the timing was rather vague ... any time between 7 am and 5 pm.

On the due date the doorbell rang at 6.30 am sharp and I stumbled downstairs in my dressing gown to find a large cardboard box on the doorstep with the delivery man walking back to his van.

“The food is in the box” said the delivery man.

“What about the wine?” I asked.

“No. There’s no wine” said the delivery man.

“But I ordered 6 bottles of red wine” I stated.

“I’ve never heard of anyone ordering red wine for their government food box” said the delivery driver.

As the van drove away, I stood there, red with embarrassment. End of the story....

The Cote delivery came at 5 pm. We declined further food boxes. The red wine was excellent.

Martin & Beverly Wood (members High Wycombe branch)

## **Vegetable Garden & Zooming**

Due to the number of people in hospital with the virus and needing emergency dialysis, my dialysis sessions were cut to two per week. Unfortunately I didn’t cope too well with this arrangement and had to go back to my usual three mornings each week.

Meanwhile I did lots of planting in my greenhouse and in our small vegetable garden. As a result, we have been enjoying our own beans, beetrots, tomatoes, potatoes, rhubarb, raspberries, garlic and mixed salad leaves. The sweetcorn was late planted but came on well and was ready to harvest by late September. More netting will be needed next year as the deer managed to eat three of them!

I’m going to try to start an asparagus bed for next year. I’ll let you know how I get on!



The SCKPA committee, like the Cabinet, has been using Zoom for regular meetings. Thank Goodness for the Internet during the months of lockdown.

Mike Pitcher (Stoke Mandeville branch secretary)

## Day in the Life of a Home Haemodialysis (HHD) Patient

I wish I could impart pearls of wisdom and do wonderful things while dialysing but I cannot. Truly speaking, I am a hybrid having to dialyse in the Tarver Dialysis Unit as well as at home. Let me explain.

When I commenced HHD in 1981, I worked full time, took night classes two evenings a week 15 miles away and was courting a wonderful lass 40 miles away. Dialysis took 5.5 hrs per session and we used a kiel (flatbed) dialyser.

Now, after nearly 40 years later, I have renal amyloid in most joints. This is a thick mucus substance lining most of my joints causing stiffness and pain due partly to not adhering strictly to phosphate binders in the early days. I also have muscle wasting causing general weakness due to uraemia. The lass, Chris, I was courting is now my wife of 36 years and is also in poor health. I give Chris respite by dialysing in the hospital every so often.

I wake at 8am and spend an hour exercising to try and improve the muscles around my spine which have receded. Much of the hour is in the recovery position! I like breakfast. I have a big breakfast starting with 2 pieces of fruit, 2 slices of toast, 2 oz of cheese, coffee and 2 biscuits. I eat this leisurely watching 24hr news and news text on BBC. I do any ironing, make the bed, clean my instruments (I still use metal clamps and a kidney dish issued in 1981) and do my ablutions. I rest for 15 minutes. I try to walk several circuits around the old building where I live which is converted into apartments.

The dialysis machine is in our 2<sup>nd</sup> bedroom. Fortunately, we have a large built in cupboard which houses the water softener (RO) together with equipment required for treatment. I ensure the water is switched on at the mains and switch on the RO and machine. The lines and dialyser are attached to the machine and primed with saline. The dialysate lines are attached and then I am ready to be connected to the machine via the two fistula needles. Due to the stiffness in my hands, Chris inserts my needles and attaches the needle lines to the blood lines on the machine. I set in the time (I have traditionally had treatment over 5 hours and have continued that time). I also set into the machine the amount of fluid to come off and the parameters for the blood flow together with the heparin.

I watch TV for a couple of hours, read, make phone calls before dozing off to sleep. During Covid I signed up for Netflix which is a boon. I am watching six different series at once! At the end of treatment, Chris removes my needles and throws them into the sharps bin. While I am holding down my needle puncture sites, Chris pulls the lines out from the machine, drains the bicarb container and turns on the machine cleaning button which takes 30m. My puncture sites are bound. I remove the lines, put them into clinical waste sacks which are collected by the council once a week and wipe down the machine with clinnell wipes. I wash the machine & RO once a week properly with soap and water.

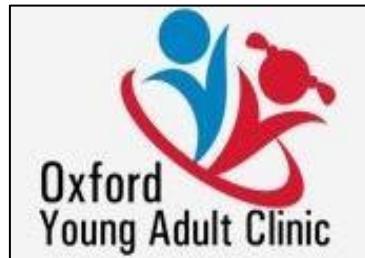
After dinner made wonderfully by Chris, I try to walk another circuit of the block before relaxing with TV or catching up with emails.

Bob Price (SCKPA treasurer)

# Oxford Young Adult Clinic

Based at the renal and transplant unit part of the OUH hospitals, Oxford young adult clinic OYAC is a unique support service for young adults diagnosed with kidney failure within the Thames valley region. The clinic aims to reduce isolation, help facilitate acceptance of diagnosis, dialysis or transplantation, reduce denial and make life saving organ transplants last for many years.

Through community clinics outside the hospital setting, social events, specialized clinics, a transition service link with paediatric services and specialist support, the Oxford YAC helps young people deal with their kidney disease and get on with their lives. The service is run by lead consultant nephrologist and transplant physician Paul Harden and Youth worker Daley Cross. Our youth worker reaches out into the community providing 1:1 support to young adult



transplant recipients, dialysis patients and renal patients helping with problems requiring increased support, such as confidence issues and adherence with medication problems. The service has been around for 10 years going from strength to strength, currently supporting 160 young patients. Its origin came from the noticeable poor outcomes in teenagers moving from paediatric to adult care where around one in three were losing their transplants within 3 years of their transfer. This led to the setting up of an integrated transition service from paediatric to adult clinical services for young people with kidney failure, and in the process establishing a youth-friendly type of adult care. It was felt it was important for young patients to be engaged with their health care and be around other young people developing a peer support network.

The unique elements of the service are making a huge difference to the lives of young people affected by renal failure, making their transplants last years longer and by helping them build confidence and self-esteem to allow them to achieve in education and employment together with re-building damaged social skills. This innovative service which provides an invaluable peer support network for young adults is funded entirely through donation and fundraising events. Although the young adult clinic is its separate entity, it is not an independent charity and falls under the Oxford kidney unit trust fund. Funds raised are then channelled to the Oxford young adult clinic.

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Any queries or for more information, email Daley Cross at [daley.cross@ouh.nhs.uk](mailto:daley.cross@ouh.nhs.uk)

## OYAC - surviving lockdown

When Big Ben's clock chimed at midnight 2019 who would have thought 2020 would bring what it has? Dealing with a chronic illness at a young age is hard enough, but then throw 6 months of shielding on top of this, restrictions on everything, no social interaction and no leaving the house. The OYAC group as well as 1.5 million others who were shielding have had it hard. Then when a faint light appears at the end of a very long dark tunnel we are all faced with another potential lockdown. When will this end?

With all the doom and gloom published daily by the media how did OYAC cope through the lockdown? Daley, the youth worker who manages OYAC group role, changed somewhat as he took to the world of virtual youth work.



The closed young adult Facebook page became a hub of social interaction with regular updates, games, bingo sessions, musical nights, cooking classes, magic shows, weekly quizzes, live sessions with Renal Doctors, psychologists and professional stand-up comedy from Jo Brand, Tom Allen and Greg Davies

The young adults even made their own movie which can be

found on our Twitter page @OxfordYAC. All of this helped keep the young adults engaged and give them something to look forward to. Daley also ran many 1-1 online virtual sessions providing much-needed emotional support.

The support element of OYAC meant that the young adults could access the support they needed. Hospital clinics were still able to run where the young adults had face to face appointments and still met (socially distanced) with the youth worker to talk through any issues.

Overall it's been a surreal and hard 2020 so far, something which no one could have ever predicted. The normal day to day running of OYAC has changed as we aren't able to, and for the foreseeable future, won't be able to run grouped social days out and events. Any planned trips have all been postponed including the British and European transplant games.

But we must stay positive and remember no storm lasts forever!

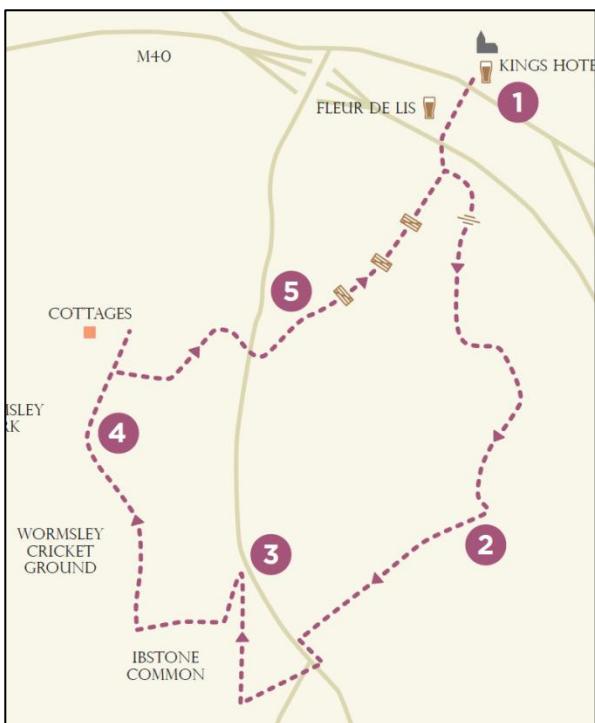
Daley Cross



## Walks across Six Counties: Cricket & Kites

Many of you will be familiar with Midsomer Murders on TV where highly contrived murder scenes and locations are set in the Home Counties, mainly in Buckinghamshire, Oxfordshire, Hertfordshire and Berkshire. Indeed, location spotting is one of the joys of watching Inspector Barnaby and his

various Detective Sergeants amid scenes most will be able to recognise if not identify each time. The editor thought that walks in 'Midsomer Country' would strike a chord with the SCKPA and asked me to provide some, based on the book by **Chris Behan** and me, **Martin Andrew**. I selected the walks and wrote them, Chris did the excellent photography and the maps. It is a follow up to his book '**Exploring Midsomer**'. Our book is called '**Roaming Midsomer**'. Both are published by The History press and are still available from all good bookshops ...



The walk starts in the centre of Stokenchurch village near the King's Head Hotel (1). The parish church behind is well worth visiting and we commend The Fleur de Lis pub on the south side of the green. Pass to left of the pub and head under the M40 through a short tunnel. Beyond take a left fork and walk up a long delightful valley and then within woodland. At a cross path in Twigside Bottom (2) go right to climb out of the wood to Ibstone village. Turn left to pass the cricket pitch, then right onto Grays Lane, passing behind the cricket pavilion. Beyond a children's play area leave the lane to cross Ibstone Common, then right along its western edge. At a footpath post (3) turn left onto the Chiltern Way to descend steeply through woods, soon bearing right off the Way and into the heart of the Wormsley Estate. The path merges with a track, then passes signs (4) for Cricket and the (relocated Garsington) Opera. Continue ahead with distant views of Wormsley House away to the left. At modern farm cottages go right on a footpath uphill within woodland to emerge at the Stokenchurch-Ibstone Road. Cross this (5) into woodland alongside a high fence, continue across a lane, soon merging with the Chiltern Way once again and follow this back into Stokenchurch.



Distance: 5.75 miles (9.2KM)

**Ed:** our thanks to Martin Andrew for details of this walk across a beautiful part of Buckinghamshire.

# Kidney Friendly Recipes

## Carrot and Coriander Soup for 4

- 1 tbsp of vegetable or olive oil
- 1 onion, sliced
- 450g sliced carrots
- 1 tsp ground coriander
- 1.2 litres low salt vegetable stock
- 1 bay leaf
- Large bunch fresh coriander or fresh parsley, roughly chopped
- Freshly ground black pepper

## Method

1. Heat the oil in a large pan and add the onions and the carrots. Cook for 3-4 minutes until soft.
2. Stir in the ground coriander and season well. Cook for 1 minute.
3. Add the vegetable stock and bay leaf and bring to the boil. Simmer until the vegetables are tender.
4. Remove the bay leaf and whizz the soup with a hand blender or in a blender until smooth.
5. Reheat in a clean pan, stir in the fresh coriander or parsley and serve with crusty bread.

## Plain Scones makes 8 – 12

- 225g self-raising flour
- pinch of salt
- 55g butter
- 25g caster sugar
- 150ml milk
- 1 egg beaten or milk to glaze



## Method

1. Heat the oven to 220°C (200°C fan) / 425°F / Gas 7. Lightly grease a baking sheet.
2. Mix together the flour and salt and rub in the butter. Stir in the sugar and then the milk to get a soft dough.
3. Turn on to a floured work surface and knead very lightly. Pat out to around 2cm thick. Use a 5cm cutter to stamp out rounds and place on a baking sheet.
4. Knead together the rest of the dough and cut out more scones until all used up
5. Brush the tops of the scones with the beaten egg or milk. Bake for 12-15 minutes until well risen and golden.

## Asparagus Bruschetta for 2

- 1 ciabatta loaf or any other uncut small white loaf
- 4 asparagus spears
- 1 tbsp olive oil
- ½ garlic clove crushed & chopped
- 1 tbsp basil, finely chopped



## Method

1. If using fresh spears, boil until tender. If using tinned asparagus, drain well beforehand
2. Cut four slices of bread about 2 cm thick. Place on a baking tray and lightly toast one side under a medium grill
3. Mix the olive oil, garlic and basil together and spread on the untoasted side of the bread
4. Top with asparagus, brush lightly with olive oil and return to the grill until the edges are browned
5. Serve immediately while still hot

From NKF's Food with Thought recipe collection

## From the Archives: Spring 2005

Following John Champion's problems with polycystic kidney disease and subsequent successful transplant, his son Charlie wanted to say 'thank you' to SCKPA for all the support they had given the family. The following entry from Spring 2005 recounts Charlie's fundraising effort!

**Ed:** John Champion was our chairman from 2007 to 2017 and sadly died in 2019. Please read the tribute to him by Martin Wood in the Diary section of our website.

### Charlie's Marathon Effort

"Charlie was a rugby player but severe injury to his leg ended that career, so he decided to run marathons (as you do!). He has now run the London Marathon twice, but this year he is taking on a much bigger challenge - and all in aid of the SCKPA.



Charlie has decided to run the Marathon des Sables, a 150 mile extreme marathon across the Sahara Desert. He will run through sand dunes and across rocky desert, in temperatures up to 50°C during the day and dropping to 5°C at night. The race comprises six stages over seven days, the toughest stages being the twenty-mile 'Dunes' stage, and the fifty-mile continuous day and night stage. Competitors must carry all their food and equipment except for the open tent that is erected by race organisers. Water is provided at a rate of 9 litres per day, and this must be personally rationed by the runners, to conserve it for use during the more difficult stages."

Charlie and his three running mates all completed the marathon in 64 hours and his full account was published in the autumn and winter editions of VIVA! that year.

His amazing achievement raised £2,565 for SCKPA funds, many thanks Charlie!



Charlie 2<sup>nd</sup> from left

The **Marathon des Sables** (also known as the Sahara Marathon) is a six day, 251 km (156 miles) ultramarathon, which is approximately the equivalent of six regular marathons. The longest ever single stage was in 2009, being a distance of 91 km (57 miles). This multiday race is held every year in southern Morocco, in the Sahara Desert. It has been regarded as the toughest foot race on Earth. The first event of the Marathon started in 1986. This year, 2020, due to the pandemic, it has been delayed until the autumn.  
(Wikipedia)

## Conundrum Corner

### Complete the Clues

Fill in the blanks to make a well-known saying or statement. Answers next time.

1	There are 7 D in a W	14	There are 7 S on a F P P
2	There are 60 S in an H	15	There are 8 P in the S S
3	2 H make a W	16	There are 5 R on the O F
4	There are 90 D in a R A	17	There are 12 S of the Z
5	There are 6 F on a C	18	There are 18 H on a G C
6	There were 6 W of H the E	19	You get 200 P for passing G in M
7	There are 11 P in a F T	20	A S in T saves N
8	There are 13 in a B D	21	221b B S is the H of S H
9	There are 7 W of the W	22	There are 13 C in a S
10	There are 193 F M of the U N	23	There are 54 C in a D
11	There are 7 C of the R	24	There are 26 L in the A
12	7 B for 7 B	25	There are 88 K on a P
13	There are 7 H P B by J K R	26	There are 124 P A in the UK

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### Sudoku

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

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.

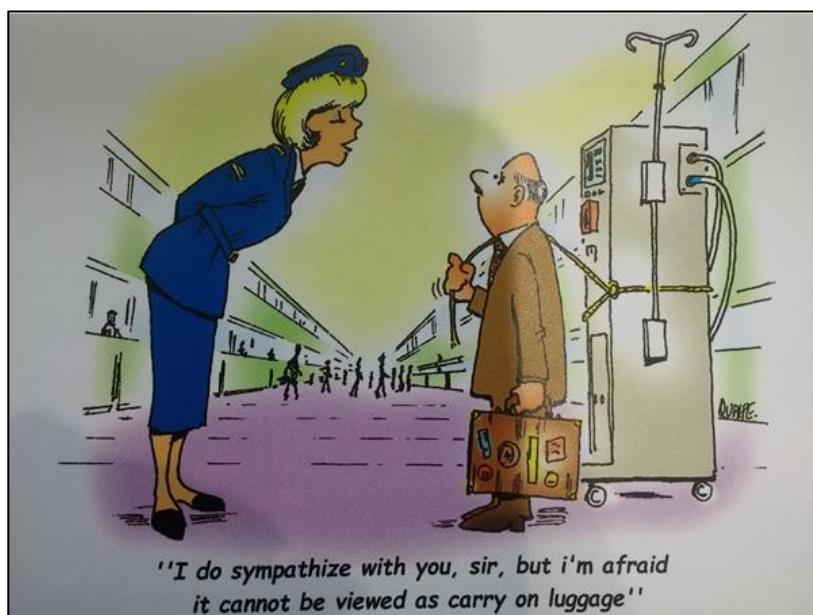
## Word Search

Find the names of all the animals, hidden either across, backwards, down or diagonally



Baboon	Iguana	Lion	Panda	Pipistrelle	Squirrel
Camel	Jaguar	Llama	Parakeet	Python	Tiger
Crocodile	Kangaroo	Orangutan	Pelican	Sloth	Wallaby
Giraffe	Koala	Ostrich	Penguin	Sparrowhawk	Walrus
Gorilla	Leopard				

## And finally



This cartoon from the NKF 2020 calendar was drawn by the late Peter Quaife. In 1998 Peter was diagnosed with End Stage Renal Failure and, whilst he was on the dialysis machine, he drew cartoons to pass the time. They were kindly gifted to the NKF by his brother David, and coloured in by Nigel Holmes.

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