



Six Counties Kidney Patients Association

Run by Patients for Patients Since 1969

VIVA-Online: July 2021

Our thanks to all our members who joined us on Zoom for the Summer meeting with a most interesting presentation by Kirit Modi, NKF Hon President. The Autumn meeting will be held on Zoom again, however the committee is hoping we will be able to meet at the Oxford Belfry for a 'Christmas Special'. Details will be posted on the Home page of the website.

July's newsletter is the usual mix of articles, recipes, brain teasers and photos. My thanks to all who help with the newsletter each month and to our contributors for their excellent 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 photograph or a favourite recipe. Please email items to webmaster@sixcountieskpa.org.uk with photos as .jpg / .png. Articles may be edited for length.

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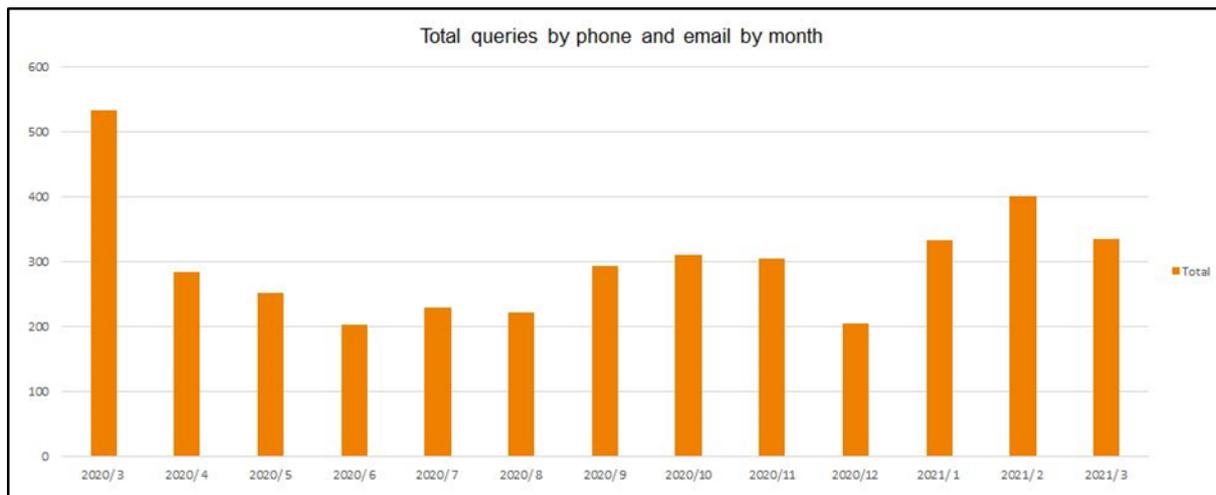
Opinions expressed in this newsletter are those of the contributors and not necessarily of SCKPA

Presentation to the SCKPA Summer Meeting

Helpline, impact of Covid-19, organ donation, plans for the future

NKF Helpline

The NKF Helpline provides phone and e-mail support to kidney patients, their families and others. Two experienced staff give information and support on a confidential basis during weekdays between 9 am and 5 pm via a Freephone 0800 169 0936. The graph below shows the number of queries per month between March 2020 and March 2021. The highest numbers of queries were during March 2020 and February 2021, reflecting the periods of most concerns about COVID.



Summary of issues raised on the Helpline: March 2020 to March 2021

Most of the issues raised related to the effects of lock down and coping with the virus:

- Mental health, depression, anxiety and feeling isolated caused by shielding for a long time and missing family and friends
- Unsure with their kidney condition if they are classed as clinically extremely vulnerable
- Going into work, working from home, furlough and income
- Not being able to see their doctor/nephrologist face-to-face
- Going into a dialysis unit and patient transport
- Vaccinations, how safe they are, how much protection they provide and their side effects

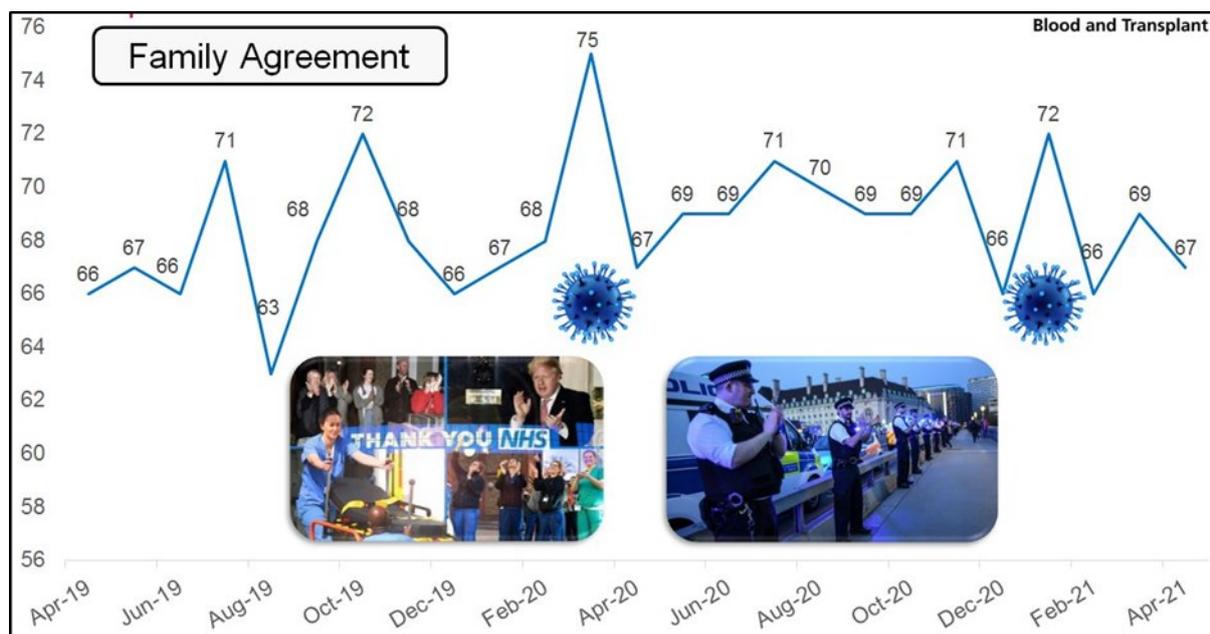
Impact of Covid-19 on kidney transplants

Hospitals have been under great pressure dealing with COVID patients starting from March 2020 and have had to reduce or stop organ donation activities from time to time. Activities are now back to “normal” but there has been a significant reduction in organ donation overall between March 2020 and February 2021.

It is estimated that there were around 1,000 donors after deaths between March 2020 and February 2021 compared to over 1,500 donors in previous years. Living kidney donation has reduced significantly during this period, with an estimate of about 500 living donors compared to roughly 1,000 in the previous year.

Impact of COVID-19 on Consent / Authorisation Rate

The graph below shows the number of families consenting or authorising organ donation by a family member. It is remarkable that organ donation activity continued during the pandemic.



Organ Donor Register

This table shows the percentages of registrations on the Organ Donation Register by countries, together with percentages of the population which had opted in and opted out. It includes the impact of the change in law to opt out in England on 20 May 2020.

	Pop. million	Total Registrations million	% of pop.	Opt In	% of pop.	Opt Out	% of pop.
UK	66.8	28.9	43.2%	26.8	40.2%	2.1	3.07%
England	56.3	23.4	41.6%	21.7	38.6%	1.7	3.03%
Scotland	5.5	2.9	53.6%	2.8	50.9%	0.15	2.68%
Wales	3.2	1.5	48.3%	1.3	42.1%	0.2	6.19%

ODR data source – NHSBT April 2021

The current organ donation laws are:

England: All adults are considered to have agreed to be an organ donor when they die unless they have recorded a decision not to donate or are in an excluded group.

Wales: ‘Deemed consent’ is assumed unless an organ donation decision has been registered.

Scotland: ‘Deemed authorisation’ is assumed unless a decision of whether or not to be an organ donor has been confirmed.

Organ donation should always be discussed with the family so they know an individual’s decision.

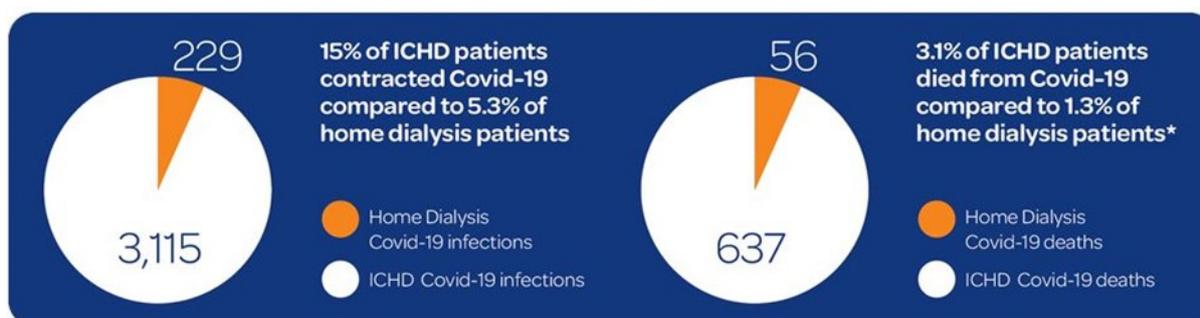
Managing dialysis at the Lister Hospital, Stevenage

The Lister Hospital in Stevenage provides services to its own kidney patients as well as at Bedford, Harlow, Luton and St Albans, a total of about 1,000 patients. The following points summarise some of the actions taken by the Lister Hospital in providing services to kidney patients during the pandemic to reduce the risk of catching the virus.

- Built temporary Florence unit on the hospital site for dialysis
- Reduced dialysis to twice a week for targeted patients
- Telephone / video consultations
- Face masks for patients and staff
- Encouraging patient self-transport
- Temperature and symptom screening

NKF campaign to increase home dialysis in the context of Covid-19

The NKF is campaigning to increase the provision of dialysing at home in the context of the experience of COVID. The graphics below show the impact of COVID on in-centre dialysis patients (ICHD) compared to the impact on home dialysis patients. For further information go to the NKF website page at <http://www.kidney.org/atoz/content/homehemo>



**Data published by the UK Renal Registry, based on information in England up to 25.11.2020. Study is taken from a total of 20,715 ICHD patients (end of 2018) and 4,306 home dialysis patients in the UK*

NKF plans for the future

COVID has highlighted many issues for kidney patients and their families. The following summarise the main ones in which the NKF is actively involved:

- New strategy: “Organ Donation and Transplantation 2030: Meeting the Need” was launched on 1st June and sets the ambition for the next 10 years, building upon past successes while planning service improvements for the future.
- Renal Services Transformation Programme has been launched
- NKF’s peer support service for home dialysis patients and carers will start this year
- National recognition of holistic needs of kidney patients (anxiety, mental health, financial support etc.)
- National recognition of inequality of provision of BAME patients and others
- Optimistic: lots to do!

Ed: our thanks to Kirit Modi, NKF Honorary President for permission to include this summary of his talk on June 6th.

From our readers

Being the wife of a Covid-19 vaccination organiser

Being the wife of the organiser of the volunteer 2021 Pharmacy led Covid-19 vaccination programme is quite different.

I am a qualified nurse and I have worked both in the NHS and in the private sector for most of my adult life. I have worked at The Hospital for Tropical Diseases in London and have completed two years of Epidemiology and Health and Disease as part of my B.Sc. degree.



We have three daughters, all of whom are working for the NHS in some capacity and all of whom have worked throughout this Coronavirus pandemic, one very much on the front-line in a London teaching hospital. Our conversations, held remotely, over this past eighteen months have focussed, almost entirely, on staying safe and this has centred on being given the protection against the Covid-19 virus that immunisation could provide.

However, it was my husband who was approached and asked if he could set up the local Covid-19 volunteer vaccination service in early 2021.

My husband has no medical background: he is a historian who has specialised in protecting Listed Buildings both in London and in the South of England for all of his working life.

A former colleague, who has previously worked locally with my husband, was asked during a meeting if he would take a lead and organise the vaccination programme being run by local pharmacists. This ex-colleague declined but put forward my husband's name without first consulting him.

My husband is a Rotarian and "Service above Self" is Rotary's *raison d'être*. This former colleague was aware that our local Rotary club had recently installed defibrillators in our village and so thought that his involvement in the programme might be apposite.

This came as a great surprise when my husband was contacted, but following some discussion, he decided that he wanted to play a part in this unfolding scenario at a time when everyone was needed to help in whatever capacity they could offer to get control of this novel virus.

The very first move was to make contact with other volunteer and charitable organisations to request help and information on the best way of running this whole service. People were helpful, generous with their time and advice, and many became invaluable volunteers as well.



The Inoculation programme is run by pharmacists under the direction of the NHS. It was designed from the start to be an alternative that would be set up to run in tandem with the NHS GP led vaccination centres.

Both pharmacists and GPs are paid per inoculation by the UK Government. The pharmacy led system relies on using any surplus medication not administered by the NHS.

NHS directives: these had to be strictly observed:

- ◆ Age range running from the most elderly (being given the “Oxford / AstraZeneca” vaccine) down towards young adults and now teenagers
- ◆ Using surplus vaccines where available as pharmacies are not equipped with the ultra-low temperature fridges that “Pfizer” for instance requires
- ◆ Timings for individual vaccination which are dictated by the NHS to the pharmacist
- ◆ Whether this will be the first or the second vaccine given is also dictated by the NHS

Once one brand of vaccine has been administered, this must be followed by the same brand for the second (booster) injection. This ruling may change in the future if the NHS and Government decide that a “mix & match” approach gives better immunity.

With the latest brand of vaccines such as “Moderna” now being given to a younger cohort, each person must sit for 15 minutes after the inoculation while being observed by a volunteer in case of an untoward reaction.

Order of priority:

- ◆ Age
- ◆ Vulnerability, chronic diseases, carers, others at risk, people in jobs where they come into contact with a large range of different members of the public
- ◆ Anyone working in any capacity in the village schools to enable schooling to continue with some protection. This was greeted with huge gratitude

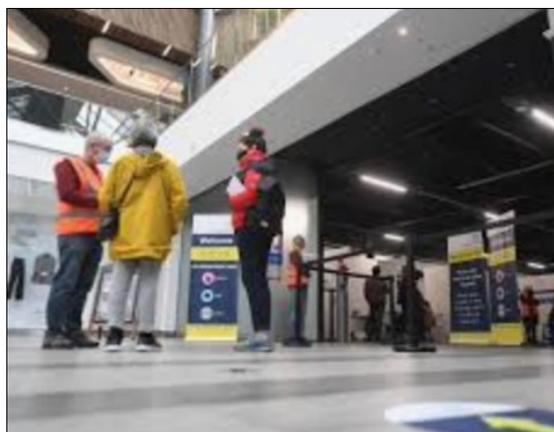
The logistics:

- ◆ The pharmacy had to be re-organised so that one side was made totally separate and barriers were erected to form secure cubicles for the qualified “injectors” to see their patients. The other side of the pharmacy had to remain open for normal business with customers following a one-way system and adhering to social distancing
- ◆ Car parking had to be organised and manned by volunteers. Those who were unable to walk with ease had to have special parking places
- ◆ Volunteers were sorted into teams each with a team leader. High visibility jackets, clipboards and pens were issued to update each person’s details as they arrived

As with anything in life there were ups and downs, good things and not so good things:

Pros:

- ◆ For some elderly attendees this was their first outside visit after months of isolation. The gratitude, even with some shedding of tears of relief, was tangible and transparent
- ◆ People in general were incredibly grateful, praising the volunteers for doing a superb job
- ◆ Some people came from towns and villages quite a distance away.



Impressively, everything has run incredibly smoothly with orderly queuing and the majority of attendees in good humour.

Cons:

- ◆ There are always some people who consider themselves to be “entitled” and who expect to be dealt with without waiting for their turn and try to bully their way in without waiting for their appointment.
- ◆ Some others who had not been called took a chance and turned up uninvited. Staff always tried to accommodate extra attendees.
- ◆ Some did not bring any information with them and did not know their details when asked.
- ◆ Some were not computer literate, did not answer their home phones or had their mobile phone permanently switched off making contact extremely difficult.



So, you are probably wondering: what of the organiser?

- ◆ He still checks daily on his “troops” keeping a visible presence
- ◆ He makes and receives a multitude of phone calls and e-mails
- ◆ He still does regular shifts as a volunteer and steps in when someone cannot keep to their allotted shift
- ◆ He has become vastly more proficient at on-going reports and spreadsheets , including colour-coding everything

Finally, my husband has made a whole new collection of excellent friends and he has earned the gratitude and admiration of very many people..

Finally:

The pharmacy led vaccination programme has administered approximately 2,500 Covid-19 vaccinations each week.

The pharmacist in charge of the programme has guaranteed that profits made from this venture will be given to charity.

Ed: our thanks must go to all the volunteers, and the organiser in particular, for setting up and continuing to run this vaccination centre.

Victorian Entrepreneurs going for broke at Cockley Brake

I often travel through Farthinghoe, on the A422 road from Banbury to Brackley, and turn into Cockley Road, situated between the 13th century Church of St Michael and the Village Primary School.

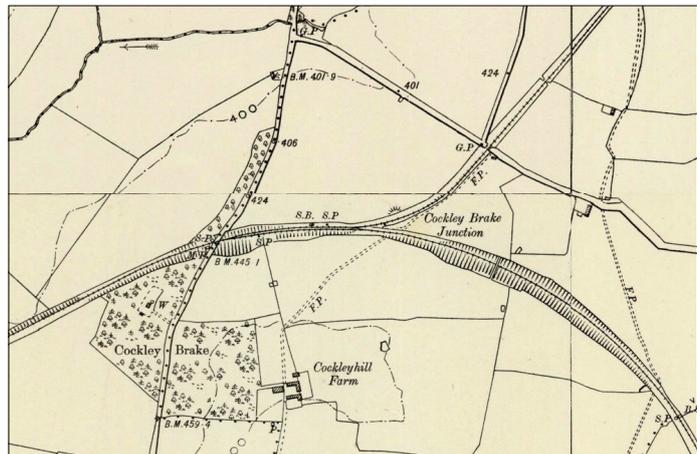
The road leaves the village on a 158 metre high ridge, with, to the North, outstanding views of Warwickshire and the South Midlands. This notoriously twisty and bumpy road then drops down through dark and sometimes foreboding woods. The woods are named Cockley Brake. “Brake”? That’s an unusual word for woods. So, I sought answers to my question.

The OED describes “brake” as a dense group of trees or bushes. A thicket, often of ferns. “Brake” being the plural of the Middle English word “Bracken”. The search for “Cockley Brake” also highlighted “Cockley Brake Junction”. That sounded like a railway connection. “Carry on reading” I said, and another story emerged.

In the woods between the Halse Road and Cockley Road is the site of a long gone railway junction. The result of Victorian Railwaymania coupled with Victorian entrepreneurial opportunism.

What was the pot of gold that drove Victorian businessmen to invest and obtain Parliamentary Acts to build a railway line from Blisworth to Cockley Brake across unpopulated green and pleasant Northamptonshire farmland with no prospect of passenger traffic, just cattle, sheep and milk?

The answer lies in the soil—the ironstone discovered around Blisworth in the mid 19th century.



1900 Cockley Brake map

The promoted financial attraction for the investor was the shipment of this newly discovered ironstone from Blisworth to the blast furnaces of the South Wales steel works via a direct rail route through the Cotswolds, by way of Banbury, Chipping Norton, Moreton in Marsh and Ross on Wye. Can you imagine the response to that kind of proposal today?

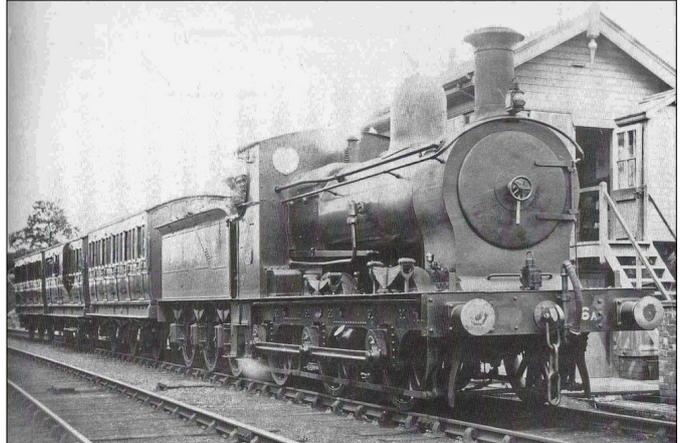
In 1847, the Northampton and Banbury Railway Act was passed authorising the building of the line, but nothing happened. It had failed to raise the capital needed.

In 1863 another act was passed, but with a name change, the Northampton and Banbury Junction Railway Act. This one definitely failed to raise enough capital. However, work had now started on the Northampton and Banbury Railway and in 1866 the line between Blisworth and Towcester was opened. It was not a success. Why? It was only four miles long and had no locomotives or rolling stock. Both had to be hired.

The Northampton and Banbury Junction Railway (NBJR), as it finally came to be known, was saved from bankruptcy in 1870 by another Act, which attracted enough funds to complete the line to Cockley Brake. Here it connected to the London and North Western Railway (LNWR) line from Bletchley, Buckingham and Brackley to Banbury Merton Street station which, by the way, was in Northamptonshire in those days. From Blisworth the NBJR line ran through Towcester, Wappenham and Helmdon Village to Cockley Brake. Although it passed close to Greatworth, the village never had a station.

For many reasons Cockley Brake turned out to be the end of the line for the NBJR and its investors. Its survival for over thirty years as an independent company was only made possible by hiring locomotives and rolling stock from the LNWR and negotiating running rights over the LNWR line from Cockley Brake to Banbury.

However, in 1910 the NBJR was purchased by the Stratford-upon-Avon and Midland Junction Railway (SMJR). A questionable, but nearly understandable business decision as both companies had shared, until 1910, a mile long stretch of track from Towcester Station to Greens Norton Junction. Interestingly though, at the time of the purchase on July 1st 1910, the track layout had been changed. The NBJR now had its own single track from Towcester Station to Greens Norton Junction, whilst the SMJR had its own single track alongside the NBJR track. Not surprisingly, Greens Norton ceased to be a junction.



Train from Banbury to Buckingham and signal box

The NBJR railway line, under various ownerships, somehow survived until 1951 operating three passenger trains a day, four on Thursdays, from Banbury to Blisworth and back. On at least one of these passenger trains, as well as two passenger coaches, there would have been six or seven cattle wagons.

From the very beginning passenger revenues were never sufficient to justify the line but the revenues from cattle traffic to and from Banbury Cattle Market made the line viable, if only just.

A walk to the site of Cockley Brake Junction was now a must.

I studied the latest edition of the OS map for South Northamptonshire. It gives sufficient clues, old embankments and cuttings, to locate the site. However, I decided to look at earlier editions published when the railway was operating. The 1900 edition provided the most information. Details of the track layout, signal posts and the signal box. More importantly it showed a footpath which went across the junction.

Armed with my 1900 map I drove to the Halse Road, parked my car next to the left turn to "Greatworth only" as the signpost says, and crossed the road to join the footpath.

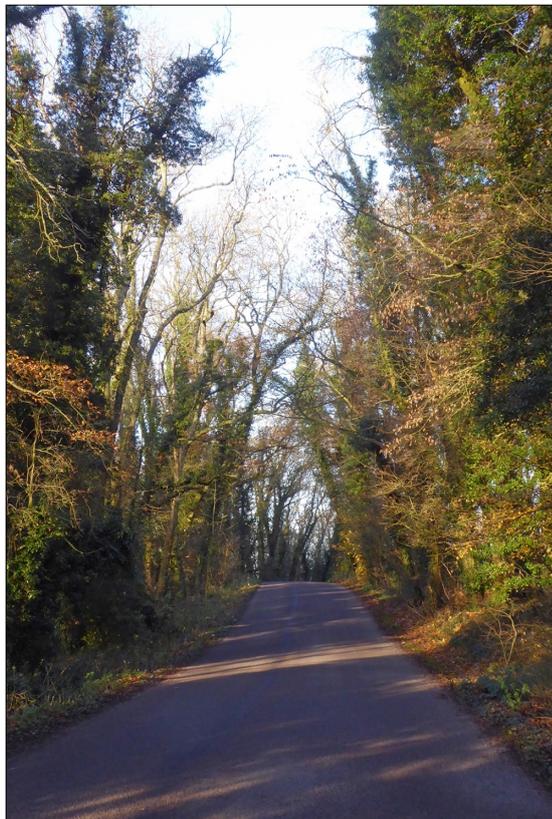
The 1900 map showed that there was a railway bridge over the Halse Road, locally known as the "Iron Bridge", and this became very apparent as the footpath climbed onto a wide greensward path. I was walking along the old trackbed of the NBJR.



As I walked along the path it swung to the right in a fine geometrical curve, clearly not of Mother Nature's doing, but of a Victorian engineer with precision in mind. After 200 yards the greensward widens into a clearing with another wide and fine geometrical curved path coming in from my left. It was another railway trackbed which, having not been used for nearly 54 years, was slowly being taken over by Mother Nature. This was the LNWR line from Bletchley to Banbury.

I was standing on the site of Cockley Brake Junction. It wasn't as significant as reaching the South Pole, but it was poignant. This was the spot, a clearing in a brake, nearly 100 miles from blast furnaces of the South Wales steel works, where the local Victorian businessmen's ambitions were thwarted, where their plans were found to be wanting and where their investment was clearly not enough.

The pot of gold had turned into a pot of clay, or should I say, a pot of rusty old iron ore.



The winding and bumpy road through Cockley Brake



Cockley Brake Junction as it probably looked when built



Cockley Brake Junction as it is now

Authors note:

To my knowledge there are only two photographs of Cockley Brake Junction in existence. Are there anymore? Has anyone got a photograph of the railway bridge over Halse Road at the "Greatworth only" turn, or even the Cockley Road bridge over the railway line just before the entrance to Cockley Hill Farm travelling towards Fathinghoe?

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Photographs© Chris Behan 2019 - 2021

Ed: please email any information or photos of interest to webmaster@sixcountieskpa.org.uk and I will forward them.

Oxford Young Adult Clinic

Looking ahead to 2022—British Transplant Games in Leeds



With all the doom and gloom in the media at present let's announce some exciting news!

The return of the British Transplant Games

Taking place in Leeds from 28-31 July 2022

Having been postponed last year and this coming summer due to the pandemic, the Games are set to be one big party as the transplant community will descend on Leeds next summer.

Team Oxford will certainly be up for the challenge after 2 years without any competitive sport. The big question is will you? If you have received a transplant at Oxford Transplant centre or are having care for your transplant which you may have received elsewhere, you are eligible to represent us. The Games also allow previous transplantees who may well be dependent on dialysis now to also take part.

Team Oxford is a group of transplant patients who represent the Oxford Centre. Predominantly made up of younger members from the Oxford Young Adult Clinic, the team is however well balanced with representatives in many of the age categories with a good male to female ratio. Competing against fellow transplantees from around the country in their age group the competitors battle it out for medals. The British Transplant Games is the flagship project of the charity Transplant Sport and has been in existence for over 30 years. It is a 4-day annual event which sees teams from transplant centres across the UK come together to compete in a wide range of sports. The Games help deliver Transplant Sports' aim to demonstrate the benefits of transplantation whilst increasing public awareness of the need for more people to join the NHS Organ Donation Register and discuss their wishes with their families.

The Games have been staged annually since 1978 in cities across the UK. It is not about sporting excellence, it's about having a go and participating with peers in the same situation.

To find out more on the event visit www.britishtransplantgames.co.uk or drop team Manager Daley an email on daley.cross@ouh.nhs.uk

Kidney friendly recipes

Cod with lemon sauce

Serves 4

- 4 cod fillets
- 4 tbs cornflour
- 1 tbs butter or margarine
- 4 tbs water
- 1 lemon
- Black pepper

From NKF's Food with Thought recipes

Method

1. Put the grated rind and juice of the lemon in a small saucepan and bring to the boil
2. Mix cornflour and the water and add to the saucepan. Cook, stirring continuously, until it thickens. Add pepper to taste
3. Dot the fish fillets with butter or margarine and grill for 5-6 minutes on each side.
4. Serve with chips (parboiled before frying or roasting), a vegetable of choice and the hot lemon sauce.

Beef & mushroom stroganoff

Serves 4

- 500g stewing beef cut into strips
- 1 small tin mushrooms, drained
- 4 tsp wholegrain mustard
- 200 ml crème fraîche
- 1 small onion thinly sliced
- 10 ml rapeseed/sunflower oil
- 150 ml white wine
- 220g long grain white rice

Method

1. Heat oil in a pan and fry onions until soft.
2. Add beef strips and fry for a further 5 mins
3. Add the wine and mushrooms, cover the pan and simmer for about 15 mins.
4. Meanwhile bring a pan of unsalted water to the boil, add the rice, stir then cook on a low heat for about 20 mins
5. When the beef is evenly cooked, add the mustard and crème fraîche and warm through
6. Serve with the boiled rice

Spiced apple cake

- 110g caster sugar
- 110g softened butter
- 1 egg
- 1 tin (397g) cooked apples, drained
- 1 tsp ground cinnamon
- 3 tbs soft light brown sugar
- 170g self-raising flour
- 150 ml semi-skimmed milk

Method

1. Preheat oven to 180C, fan 160C, Gas Mark 4. Grease a 20cm round cake tin and line base with baking paper
2. Beat butter and sugar together until light and fluffy, then beat in the egg
3. Put apples in a separate bowl and stir in the cinnamon and 1 tbs light brown sugar.
4. Fold apples into butter mixture then fold in the flour, mix well. Add the milk, mix until combined
5. Pour into tin and bake in oven for 40 mins until golden brown and risen. Open the oven, scatter over the rest of the soft brown sugar and cook for a further 10-15 mins. The cake is cooked when a skewer, inserted into the centre, comes out clean. Cool for 1 hour before turning out.

From the archives: Autumn 1996

A Small World

The school reunion had been in London and I was returning to Oxford on the train from Paddington with a friend. He had his First Class ticket and I had the other sort but we decided to look for two seats together on my part of the train. We walked through several carriages before finding a bench of three, the window seat of which was occupied by a benign-looking man who did not look as if he would object to being asked to move up to accommodate us. I sat down and took out my wallet to get my ticket. It's a big wallet (kept empty by my children) but it does display various items including my Kidney Donor Card.

'Glad to see you carry a Donor Card' said the man.

I was a little taken aback, for I am not used to strangers on trains being other than expressionless and indifferent.

'Well, I jolly well ought to' I said. 'I look after patients with kidney failure.'

'What's your name?' he asked. I told him.

He beamed and introduced himself as Dr. S... from P... in B'shire and by way of explanation added that his wife had been a patient of Dr. Oliver and had had a transplant at 'The Churchill' ten years ago.

He too had been to a school reunion so we exchanged menus (we had both had chicken terrine as starters). We put the NHS to rights all the way to Reading where I got off to get a lift to Oxford with my school friend, whose sacrifice of his First Class privileges had been in vain.

On Monday I received a charming letter from Dr. S... wishing me and the unit well and apologising for his 'unusual loquacity'. He blamed it on the Port.

Thanks to one of our Consultants who sent this story. It certainly suggests a new reason for 'carrying the card' !

21st Anniversary of the first Oxford Transplant

A party was held at the Oxford Transplant centre on 14th July 1996, complete with 1,500 balloons, hot air balloon rides and a birthday cake, the size of two large desks, in the shape of a kidney!



Letting off 1,500 balloons



Cutting the birthday cake

Conundrum corner

Connections

Answer the six questions below and find the connection

- 1 Which Scotsman is credited with discovering penicillin in 1928 and later went on to be awarded the Nobel prize in medicine?
- 2 Which of these three is the least traded commodity in world markets: coffee, gold or cotton?
- 3 What is a colourful fish that leads you down the garden path?
- 4 One of the cinque ports. it was also the setting for the detective series Foyles War
- 5 Which controversial comedian co-hosted BBC's Big Break quiz show with John Virgo and also hosted the Generation Game between 1995 and 2002?
- 6 One half of a British firm of biscuit makers originally based in Reading, Berkshire
- 7 What is the connection between the above six answers?

Word Search

Find the 18 fruits hidden either across, backwards, diagonally or down

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

Apple
Apricot
Banana
Grape
Grapefruit
Guava
Kiwi
Lemon
Lime
Lychee
Mango
Melon
Orange
Pineapple
Plum
Raspberry
Rhubarb
Tangerine

Sudoku

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

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.

Answers to June's Conundrum Cryptic Chocolate

1	High class thoroughfare	Quality Street
2	Champagne popping occasions!	Celebrations
3	A band of Nanki-Poos	Minstrels
4	20:01	After eight
5	Mother's local	Mars bar
6	Pantomime character	Buttons
7	Red London bus	Double decker
8	Don't vibrate the vocal cords	Whispa
9	Capture reward	Bounty
10	Spin around	Twirl
11	Heavenly body	Galaxy
12	Chip off a bit	Flake
13	Stop the clock!	Time Out
14	Ten cent pub	Dime bar
15	20 colourful segments	Terry's chocolate orange
16	Clever folk	Smarties
17	Subject matter	Topic
18	Dark occult	Black Magic
19	Make small waves	Ripple
20	Pub pins	Skittles

Photo Gallery: theme 'July'

Our gallery of photographs, sent in by readers, with the monthly theme.



Swans



Sundown at Potter Heigham

Email your favourite photo with an August theme to webmaster@sixcountieskpa.org.uk
Include a title and the sender's name (pseudonyms acceptable).
Closing date is 20th July 2021.

Photo Gallery: theme 'July'



Garden—raising money for charity



Sun, sand and sea at Brighton

Email your favourite photo with an August theme to webmaster@sixcountieskpa.org.uk
Include a title and the sender's name (pseudonyms acceptable).
Closing date is 20th July 2021.

And finally

More Interesting Facts about the USA — did you know?

The Original Capital of the United States was Philadelphia

The country's capital wasn't always Washington D.C. As stipulated by the Residence Act, Philadelphia was made to be the temporary capital of the newly created United States of America between 1790 and 1800 while Washington, D.C. was being built.

Today, you can still find many famous pieces of early U.S. history throughout the city.

The First Face of the \$1 Bill wasn't Washington

The first person to appear on this most common bill was Salmon P. Chase. The first \$1 bill was issued during the Civil War in 1862. Chase was the Secretary of Treasury at that time and was also the designer of the country's first bank notes.

The Empire State Building has Its Own Zip Code

It happened in 1980, and the zip code is 10188. The building was declared a landmark on May 18th 1981 by New York City's Landmarks Preservation Commission. In 1982 The Empire State Building was listed on the State and National Register of Historic Places.

Atlantic City has the World's Longest Boardwalk

Built in 1870, it was also the first boardwalk in the United States. Its purpose was to limit the amount of sand beach-goers took with them into hotel lobbies as well as the train. Today it is a stretch of 4.5 miles long and home to casinos, hotels, restaurants and shops.

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