



**FIFE KIDNEY
SUPPORT GROUP
MAGAZINE**



SPRING 2021

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Fife Kidney Support Group

Scottish charity SCO 37210

<https://www.fifekidneysupport.co.uk>



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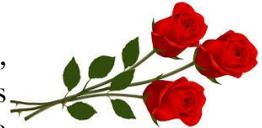
Greetings

Well here we are again, the days are getting longer and the weather is getting warmer. Dare I say Spring!

Regrettably we are still constrained by Covid 19 but, at least the vaccines are rolling out, so there is light at the end of the tunnel. Unfortunately, there is still a long way to go until most of us have had our two shots.

Despite the UK government authorising vaccines well ahead of most countries, the roll out here in Scotland, and particularly across Fife seems to have gone more slowly than south of the border. We are pressing those in authority to explain this and to gain assurances that this will be improved upon.

We must sadly say farewell to our members, Eric Wright, Jean Roe and Geoff Bassett. As ever, our thoughts are with their families. Geoff is particularly missed here for the great contribution he has made to the running of this group.



Our thanks go out to Jean Roe's family for their collection on our behalf. We would also like to thank Carol Anne Webster and Helen Doolan for their kind donations.

And an ongoing thank you all those that have elected to take the magazine by email and help keep the printing costs down.

We are always on the lookout for new ideas for material to include in the magazine, on Facebook and our website and we would always welcome your contributions. Look out on Facebook for our Easter craft idea from Fife based Bluebell Design.

It is difficult to keep track of FKSG membership as people move on, one way or another, and often we do not get to hear about it. We are considering making membership renewable on an annual basis, so that we can ensure an accurate membership list. Feedback on this would be welcome, and it will also be a topic for discussion at the AGM.

Geoff Bassett

Geoff became involved in Fife Kidney Support Group back in 2016 with his wife, Karen who dialyses at Queen Margaret Hospital. Taking on roles as our Administrator, Webmaster and IT specialist, he also supported Karen in her roles as Membership Secretary and Events Co-ordinator, driving the routes of prospective trips and maintaining an electronic record of our membership. Whenever FKSG had an event, he was there, though rarely to be found in any pictures, usually behind the camera rather than in front of it.



Geoff was a dedicated family man. Despite always seeming to have two or three different jobs on the go, driving taxis, Sky support, vehicle transport...he always found time to be a doting grandfather, loving father and husband.

We are going to miss his friendship, his hard work and his job skills, but we are never going to miss him as much as his family will. Our thoughts and prayers are with them.

AGM

2021

11th April

at 12:00 on



If you wish to attend online, ensure we have your email and a link will be sent to you.
If you are unable to attend online you can dial one of these Freephone numbers

0800 358 2817

0800 031 5717

0800 260 5801

and join on audio only by keying in this meeting number when prompted. **914 1373 1936**

Covid-19 vaccination

The new vaccines have been rolled out and are proving to be highly effective. The vast majority of people can receive these vaccines safely. If there is an issue, your GP or specialist should let you know.

Some people may experience side effects after the vaccine. These are usually mild (rather like the flu shot) and are much less serious than developing coronavirus or complications associated with coronavirus. Any side effects usually go away within a few days.

After you get the vaccine, it's still important to follow the latest governance guidance.

Common side effects Some of the common side effects of the coronavirus vaccine may include tenderness, swelling and/or redness at the injection site, headache, muscle ache, feeling tired, fever (temperature above 37.8°C) all of which will usually dissipate within two or three days. If they persist, call NHS 24. *Our secretary found the swelling and discomfort in her arm was solved with a good, hot bath.*

A less common side effect is swelling of the glands. This starts a few days after the vaccine and may last for up to 2 weeks. This is just a sign of your immune system responding to the vaccine.

Pregnancy The coronavirus (COVID-19) vaccine is not routinely recommended if you're pregnant, as it has not been tested on pregnant women.

Vaccination in pregnancy could be considered where either your risk of exposure to coronavirus is high and cannot be avoided or you are very high risk of serious complications of coronavirus. In these circumstances, you should discuss the risks and benefits of vaccination with your health professional.

If you find out you're pregnant after you've had the first dose of the vaccine, you should wait until you are no longer pregnant before having the second dose (unless you are at high risk).

Breastfeeding advice If you're breastfeeding, or planning to breastfeed, you may be offered the coronavirus vaccine after a discussion with your health professional.

There is no evidence to suggest that COVID-19 vaccines will affect fertility. You do not need to avoid pregnancy after receiving the COVID-19 vaccination.

Movies by Number – Fill in the blanks

The ... Day - *Arnold Schwarzenegger*

The ... Element - *Bruce Willis*

The ... Steps - *Robert Donat*

The ... Protocol - *Michael Caine*

The ... State - *Samuel L Jackson*

The ... Man - *Orson Welles*

The ... Towers - *Elijah Wood*

... Mile - *Eminem*

The ... Warrior - *Antonio Banderas*

Around the World in ... Days - *David Niven*

... Psychopaths - *Christopher Walken*

... Days Later - *Cillian Murphy*

... Dresses - *Katherine Heigl*

The ... Year Old Virgin - *Steve Carell*

... Shades of Gray - *Dakota Johnson*

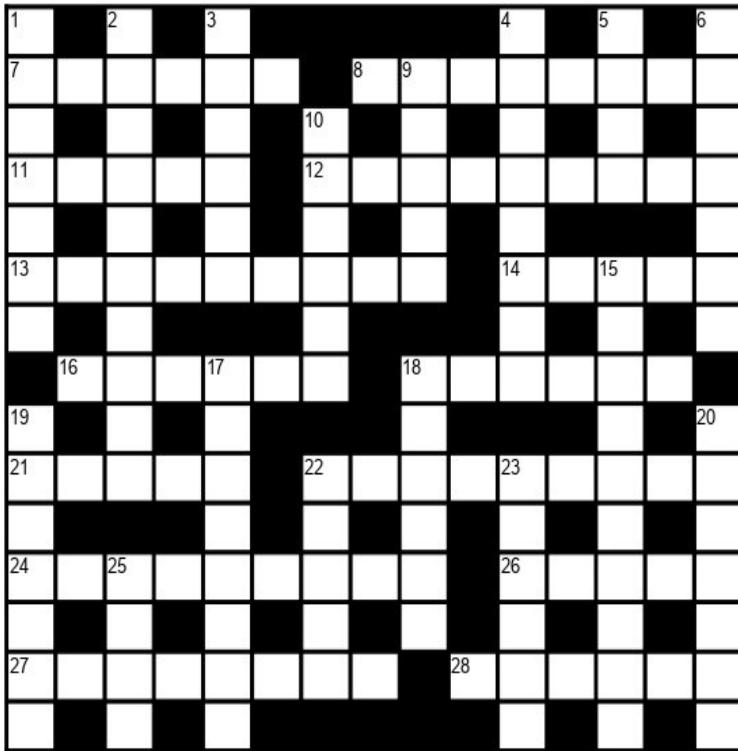
.... A Space Odyssey - *Gary Lockwood*

... Ghosts - *Tony Shalhoub*

... First Dates - *Adam Sandler*

... Again - *Matthew Perry*

... Candles - *Molly Ringwald*



Spring Cryptic

Across

7. Sounds like reception is washed out (6)
8. Mimic that's plasma + fish (8)
11. Rules of artillery (5)
12. It's a hard rain's gonna fall (9)
13. Joint that goes anywhere (9)
14. Found to be tasty *alt.spelling* (5)
16. Leapt south to get to gathering (6)
18. Elude 1 gravity yet it falls (6)
21. Herb that's faulty sounding (5)
22. Put down outcrop & bear, twisted (9)
24. Narcotism produces poets perhaps (9)
26. More than nothing in romance (5)
27. See cruise-ship and makeup (8)
28. Unties itself and comes together (6)

Down

1. Mineral from one cc of allium, not 50 (7)
2. Essentials from prince with pies (10)
3. Observes Arnie with a snack (6)
4. Fund sounds complete and reliable (8)
5. Spanish wine ends in French with nothing (4)
6. Rocky, was born in fire (7)
9. Stand for a fall maybe (5)
10. They're anonymous & spooky (6)
15. A birth for example brings despair (10)
17. Lost Stalin at sea says Plato (8)
18. Stop tides to the south (6)
19. Red boat makes an end to it (7)
20. Promote gown to get there (7)
22. Motivation at the wheel (5)
23. Lion of the north east searches here (6)
25. Much sullied inheritance for these (4)

Easter Fruit cake *(From Kidney Kitchen at Kidney Care UK)*

Prep: 30 mins • Cook: 3 hrs 30 mins - 4 hrs

A lightly spiced fruit cake made with tinned prunes in place of the dried fruit to keep the potassium content low.

Ingredients:

250g glacé cherries, halved
250g mixed peel
200g tinned prunes
2 tablespoons honey
1 teaspoon almond essence
4 eggs
250g plain flour
250g soft brown sugar
250g unsalted butter
1 teaspoon nutmeg
1 teaspoon mixed spice
25ml water
Few drops of caramel colouring (optional)



Method:

Cream the butter and sugar until soft and fluffy.

Sieve the flour and spices together. Halve the cherries and drain and chop the prunes and set to one side.

Beat the eggs and add to the flour in batches to the creamed mixture.

When mixed well, add the cherries, prunes and mixed peel.

Add the water and honey. Beat well until a dropping consistency is achieved.

Place in a well-greased and greaseproof-paper lined baking tin (18cm), and bake at 150C/gas mark 4 for 3 hours 30 minutes - 4 hours.

Allow to cool and then decorate if desired or serve plain.

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

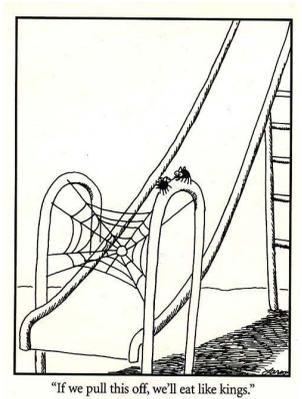
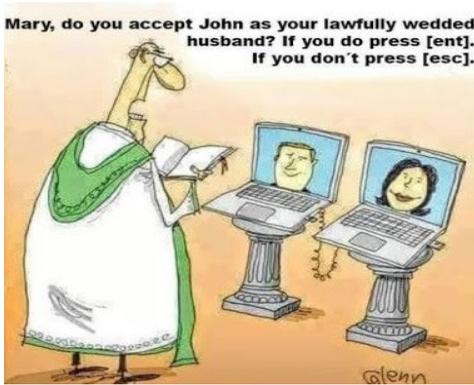


Moderate



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

Hard



Vegetable Frittata

(From Kidney Kitchen at Kidney Care UK)

Serves 4

A tasty, quick, easy and fulfilling Spanish omelette. Eggs are a great source of protein and combined with the vegetables this frittata is ideal as a light meal.



Ingredients

1 tablespoon olive oil
1 garlic clove
1 carrot
100g peas, fresh or frozen
35g soft cheese
½ teaspoon black pepper

1 onion
1 red bell pepper
100g tenderstem broccoli
6 eggs
1 teaspoon dried oregano

Method

Preheat oven to 220C/gas mark 6. Prepare the vegetables by peeling and chopping the carrot and boiling together with the broccoli for 5 minutes, until softened, then set aside. Peel and finely chop the onion, deseed and chop the red pepper and peel the garlic clove.

In a mixing bowl, whisk together the egg, cheese, herbs and black pepper. Heat oil in a frying pan, add the onion and once softened, about 5 minutes, crush and add the garlic. Add the chopped bell pepper and carrot and cook for a further minute. Add the broccoli and cook for a further minute. Stir in the peas.

Give your egg mixture a final whisk and pour the mixture over the vegetables. Stir briefly to distribute the mixture evenly across the pan. Cook on the hob for 1-2 minutes until the edge of the frittata has turned lighter in colour.

Transfer to the oven and bake for 8-10 minutes. Ideally, you should take the frittata out of the oven when the middle still has a slight jiggle to it or when it is just set and no more. Cool in the pan for 5 mins and then slice.

Everything seems to be getting done online these days. We' have been holding committee meetings online for some time now. The last AGM was held rather belatedly online. This year we will still be online but we should also be on time. If you want to attend we need your email address to send out the invite. Contact richard@fifekidneysupport.co.uk to add yourself to the list.

Whether you are joining a meeting with FKSG, another group or with friends and family, here are the three most widely used apps with a few simple notes on getting connected for those who are not tech savvy.

 In order to join a Skype meeting, if you do not already have it, you will need to download the Skype app. To get the app go to Skype.com. where all PC, phone and tablet options are available. Once the app is installed, select the invitation link in the email that you received, Skype should launch automatically and take you to the conversation to start chatting.

Neither a Zoom app, Teams app or an account are required if you are joining a meeting just as a participant. Simply click on the link in the email that you have been sent to join the meeting. It should be that simple.



 Along with the link, there should be a telephone number provided which will allow you to join the meeting (voice only) by phone which is useful if you cannot get to your computer or if where you are located has a very poor data connection. If there is no specific dial in number then there are 0800 numbers you can dial and you can then connect by keying in the meeting ID number when prompted to do so.

Phones, tablets and laptops are usually equipped with both camera and microphone which would be employed in a video conference. Many PCs do not come with a camera fitted but these are easy to obtain online or in store (if you want to venture out) and simply plug into a USB port. Cameras usually come with a built in microphone but this is not always the case, so it is best to check.

If you are trying to get set up and are having difficulty, drop me a line on the email above and I will try to help you out.

Movies by Number answers:

The 6th Day - The 5th Element - The 39 Steps - The 4th Protocol -
 The 51st State - The 3rd Man - The 2 Towers - 8 Mile - The 13th
 Warrior - Around the World in 80 Days - 7 Psychopaths - 28 Days
 Later - 27 Dresses - The 40 Year Old Virgin - 50 Shades of Gray -
 2001 A Space Odyssey
 13 Ghosts - 50 First Dates - 17 Again - 16 Candles

Cryptic Crossword solutions

Across: 7. Aerial 8. Starling 11. Canon 12. Hailstone 13. Universal
 14. Fondu 16. Pleats 18. Deluge 21. Basil 22. Distorted
 24. Romantics 26. Lover 27. Eyeliner 28. Unites

Down: 1. Calcium 2. Principles 3. Sarnie 4. Trustful 5. Fino
 6. Igneous 9. Trial 10. Ghosts 15. Negativity 17. Atlantis 18. Desists
 19. Aborted 20. Address 22. Drive 23. Online 25. Meek

What's the best thing about Switzerland?

Well the flag is a big plus!

You cannot lose a homing pigeon. If it's lost
 it's just a pigeon.

Change is inevitable - except from vending
 machines.

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

Moderate

How can you have a carbon footprint if you drive
 everywhere?

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

Hard

What do dentists call their x-rays?

Tooth pics!

A short will. Being of sound mind, I spent
 all my money.

If you still have an old Bockbuster video
 card, you can use it as proof of age.

Links & Contacts

Scottish Kidney Federation(SKF)

Tel.: 01475 672272

email: Scot.kid.fed@gmail.com

<http://www.scottishkidneyfederation.org/>

Kidney Care UK

Tel.: 01420 541424 <https://www.kidneycareuk.org/>

National Kidney Federation(NKF)

Telephone: 01909 544999

Helpline: 0800 169 0936 www.kidney.org.uk

British Transplantation Society <https://bts.org.uk/>

Organ Donation Scotland <https://www.organdonationscotland.org/>

Donor Family Network <http://www.donorfamilynetwork.co.uk/>

Kidney Research UK Tel: 0845 0707601 www.kidneyresearchuk.org

NHS Inform (Scotland) <https://www.nhsinform.scot/>

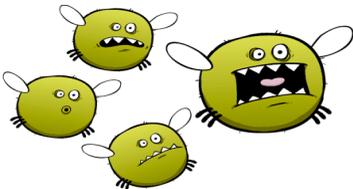
National Health Service Fife <https://www.nhsfife.org/nhs/index.cfm>

Scottish Ambulance Service <http://www.scottishambulance.com/>

Mental Well-being

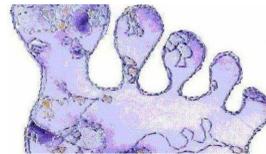
Mood Cafe (Fife)<http://www.moodcafe.co.uk/>

Breathing Space (Scotland) 0800 83 85 87 <http://breathingspace.scot>



**Ye cannae stay locked doon,
we're midgies, we'll starve!**

A big "Thank you" to all who have supported and sponsored us



Reflexology and
Indian Head Massage
Alison McConnachie

