



Supporting and working for
kidney patients in West London

Registered Charity 275771

The West London Kidney Patients' Association Newsletter

Spring 2026



Photo by Call Me Fred on Unsplash

Spring is nearly here! As we settle into the rhythm of 2026, we hope this year has been kind to you so far and that you're staying healthy and active.

As we look ahead, our team is energized and ready to support our incredible community. We are especially excited to get back into the swing of things and network with fellow patients at national events. Over the coming months, we look forward to connecting with patients, families, and dedicated staff alike at our upcoming fundraising events and awareness days.

Your resilience inspires us daily. Let's make 2026 a year of connection, progress, and shared strength!

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Useful Phone Numbers

The WLKPA
Summer
newsletter will be
coming to you in
June 2026.

To guarantee
your FREE copy,
subscribe online,
or scan the code



Living Well: Advanced Kidney Care & Wellbeing Patient Conference (2026)

To patients living with chronic kidney disease (CKD), and their families, carers, friends, and potential living kidney donors

Your Advanced Kidney Care Team is pleased to invite you to a FREE Patient Conference taking place on:

Wednesday 4 March 2026

09:00–17:00

**Oak Room, W12 Conferences,
Hammersmith Hospital Campus**

To mark World Kidney Day 2026, we are hosting an immersive education and wellbeing day designed to support people living with kidney disease to live well, make informed choices, and take control of their health.

Who Is This Event For?

- people living with chronic kidney disease at any stage
- people on peritoneal dialysis or home haemodialysis
- kidney transplant recipients
- family members, carers, friends, and potential living kidney donors

What To Expect

- expert talks from the imperial kidney and transplant teams
- patient and donor lived experience sessions
- practical education on transplantation, home therapies, vein preservation, and fatigue

- small-group wellbeing workshops, including:
 - physical activity
 - plant-based nutrition
 - stress management
 - smoking cessation
 - lunch and refreshments will be provided.

PROGRAMME HIGHLIGHTS

Introduction To Sustainable Kidney Care

Plant-Based Diet: A Powerful Patient Experience

Kidney Transplantation: Living Donation, Medication Adherence, And Clinical Perspectives

Living Kidney Donor And Recipient Experience

Vein Preservation And Home Therapies

Fatigue Management In Kidney Care

Afternoon Wellbeing Workshops
In Small, Supportive Groups

REGISTRATION

PLACES ARE LIMITED.

Please book tickets/places **as soon as possible** using the link or QR code below.

if you are unable to register online, please speak to a member of your kidney care team.

[Living Well: Advanced kidney care and wellbeing patient conference \(2026\) | Imperial College Healthcare NHS Trust](#)



Gear Up for Glory: Join Team Hammersmith in Sheffield!

Calling all kidney transplant recipients, live donors, donor families, staff and supporters! It's time to lace up your trainers, pack your team spirit, and get ready for an unforgettable summer. The British Transplant Games are heading to the Sheffield Olympic Legacy Park from Thursday, August 6th to Sunday, August 9th, 2026, and Team Hammersmith wants YOU!

What are the Games?

The British Transplant Games aren't just about winning medals (though we do love a bit of silverware!). It's a four-day celebration of life, resilience, and the incredible "gift of life" from donors. Whether you're a seasoned athlete or someone who considers a brisk walk to the kettle a workout, there is a place for you here.

Something for Everyone

Think you need to be an Olympian? Think again! With over 25 different sports, there is something for every pace and ability:

- Low Impact: Archery, lawn bowls, ten-pin bowling, and darts.
- High Energy: Athletics, swimming, cycling, and football.
- Social Fun: The opening ceremony parade and the legendary gala dinner.



Why Join Team Hammersmith?

Joining the Hammersmith squad means joining a family. We support each other from the first whistle to the final cheer. It's a chance to meet people who truly understand your journey, share stories, and prove that there are no limits to what we can achieve post-transplant. Plus, Sheffield's Olympic Legacy Park offers world-class facilities that will make you feel like a pro from the moment you arrive.

Don't miss out on the fun, the friendships, and the chance to represent our hospital!

Whether you want to compete for gold or just cheer from the sidelines as part of our supporter crew, we want you with us in the Steel City.

For further details, please email Peggy – the team manager at teamhammersmith@outlook.com



Scan the QR code to support Team Hammersmith at BTG 2026 in Sheffield'.



Eating For A Healthier Planet And A Healthier You

By Tina Dilloway

As awareness grows around climate change and the impact our diets have on the planet, more people are reducing their meat intake or switching to plant-based diets. But what does this mean for someone living with kidney disease?

Eating for the Future: Why Our Food Choices Matter

The planet is under pressure, and the way we eat plays a major role. Our current food system produces a lot of greenhouse gases, uses large amounts of land and fresh water, causes deforestation and loss of wildlife and pollutes rivers, oceans, and soil. As part of a global effort following the Paris Agreement, the UK is more committed to building a greener future. Reducing greenhouse gases and freshwater use, cutting waste, and recycling all help. Changes to our diets play a large part of meeting these goals.

How You Can Make a Difference

The "planetary health diet" was developed by an international group to support both human health and the environment. It recognises the large effects of farming, especially livestock farming, on worsening climate change.

Eating a more plant-based diet helps reduce our dependence on meat and the meat industry. This approach doesn't mean cutting out meat and dairy completely. Instead, it encourages getting most of your protein from plant-based sources such as beans, lentils, pulses or tofu. Research has shown that this can also be more friendly to your kidneys.

Plant based Proteins for Every Meal (15-20g protein)

1 cup of edemame beans



2 vegetarian sausages



1 cup cooked chickpeas



1 cup of tofu



1 cup cooked lentils



1 tin of beans



If you are worried about eating too much potassium, speak to your kidney dietitian for some guidance.

Simple Ways to Begin

If you currently eat meat every day, this is the biggest change to focus on:

- Reduce red meat to once a week
- Aim for a maximum of two portions of chicken and two portions of fish per week
- Include more plant-based protein options such as beans and lentils, pulses, tofu, eggs and Quorn.
- Limit dairy milk and yoghurt to $\frac{1}{3}$ pint per day (about 200 ml)
- Or choose non-dairy alternatives like almond, oat, soya, or rice milk and yoghurt
- Choose higher-protein starchy foods such as wholegrain bread or brown rice

How Else Can I Help?

Reducing waste is another helpful step. Cutting down on disposable plastic and being mindful about food waste can make a real difference. Small changes can have a big impact.

- Buy a reusable water bottle and coffee cup
- Bulk buy – try buying pulses, grains, spices from bulk bins using your own jars
- Shop with a list based on what you actually eat each week
- Bring your own grocery bags when you shop and avoid using plastic produce bags
- Store your food in glass containers and jars
- Swap cling film for Beeswax wraps or silicone lids
- If you have a garden, compost your food waste

A Heartfelt Thank You to Ealing Dialysis Unit



The West London Kidney Patients' Association would like to extend a warm and sincere thank you to the incredible staff and patients at the Ealing dialysis unit. In a wonderful display of community spirit and festive cheer, the unit organized a Christmas Jumper Day in December last year, raising a fantastic total of £589.22 for our charity.



Your online health records



X-ray and scan reports



Blood test results



Appointments



Letters and discharge summaries



Adults, children, and young people can sign up on the Care Information Exchange [website](http://www.careinformationexchange-nwl.nhs.uk) www.careinformationexchange-nwl.nhs.uk

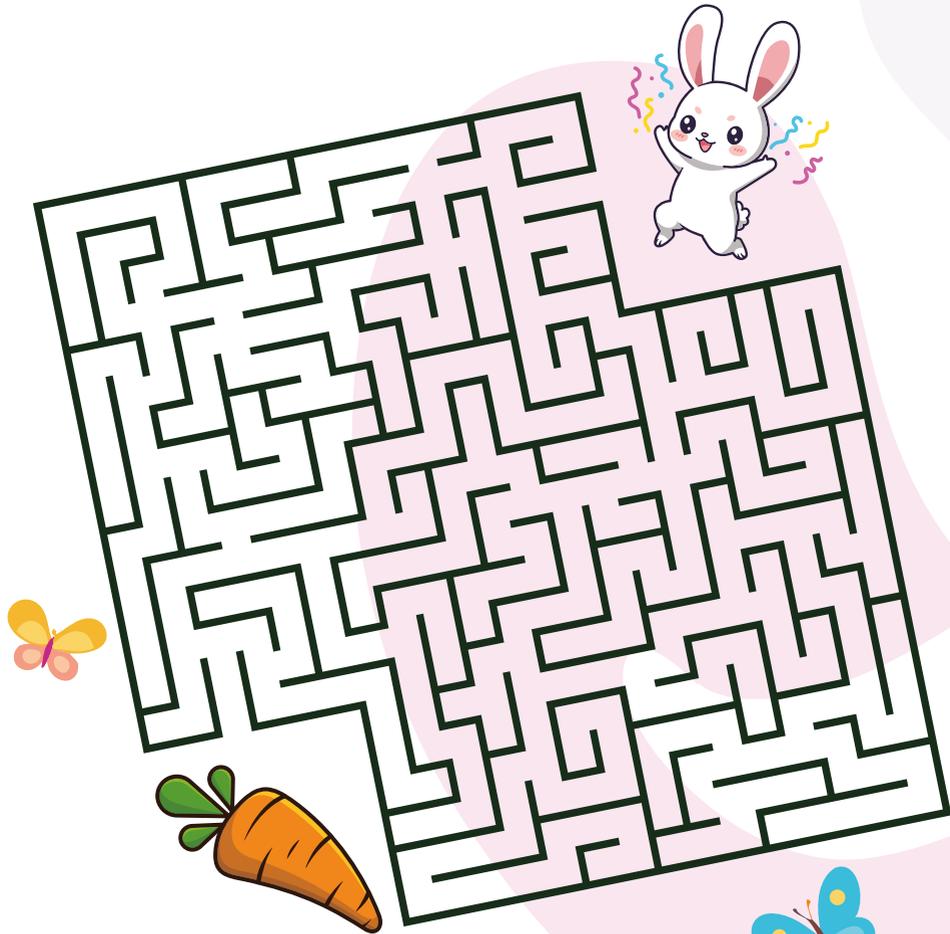


Adults can also sign up on the NHS app



SPRINGTIME MAZE

Can you help Brian the Bunny find the way through the maze to the crunchy carrot?



WORDSEARCH

First find all the words in the list below.

Words can go in any direction and share letters as well as cross over each other. Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

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

-
- BLOSSOM
 - BUNNY
 - BUTTERFLY
 - CARROTCAKE
 - EASTER
 - EQUINOX
 - GARDENING
 - LAMB
 - POLLEN
 - PUDDLE
 - RAINBOW
 - RAINCOAT
 - SHOWERS
 - STRAWBERRIES
 - UMBRELLA



Imperial College Renal & Transplant Centre Contact Numbers

RENAL UNIT	TELEPHONE
Auchi Unit, Hammersmith Hospital	020 3313 6627
Brent Renal Unit, Central Middlesex Hospital, Renal Unit	020 8453 2017
Charing Cross Hospital , Renal Dialysis Unit, 1 South	020 3311 1752 / 020 3311 1034
Ealing Hospital, Renal Unit	020 8967 5737
Hammersmith Hospital , Renal Home Therapies (HD)	020 3313 6649
Hammersmith Hospital , Renal Home Therapies (PD)	020 3313 6647 / 020 3313 6665
Hammersmith Hospital , Renal Out-Patients' Clinic – Currently joined with St Mary's Hospital, Renal Unit	020 8383 8333
Hayes Renal Unit	020 37048 450 / 020 3704 8444
Northwick Park Hospital, Renal Unit	020 8869 3245
Pam Sasso Unit (PIU), Hammersmith Hospital	020 3313 6682
Renal Dietitian, Nutrition & Dietetics	020 3313 3048
St Mary's Hospital, Renal Unit – Currently closed. Joined with Hammersmith Hospital, Renal Out-Patients' Clinic	020 8383 8333
St Charles Dialysis Unit	020 3704 6519 / 020 3704 6510
Watford General Hospital	01923 217243
West Middlesex Hospital	020 8321 2543

Contact us: info@westlondonkpa.org

Or visit www.westlondonkpa.org

The West London Kidney Patients' Association (WLKPA) Newsletter is published four times a year.*

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