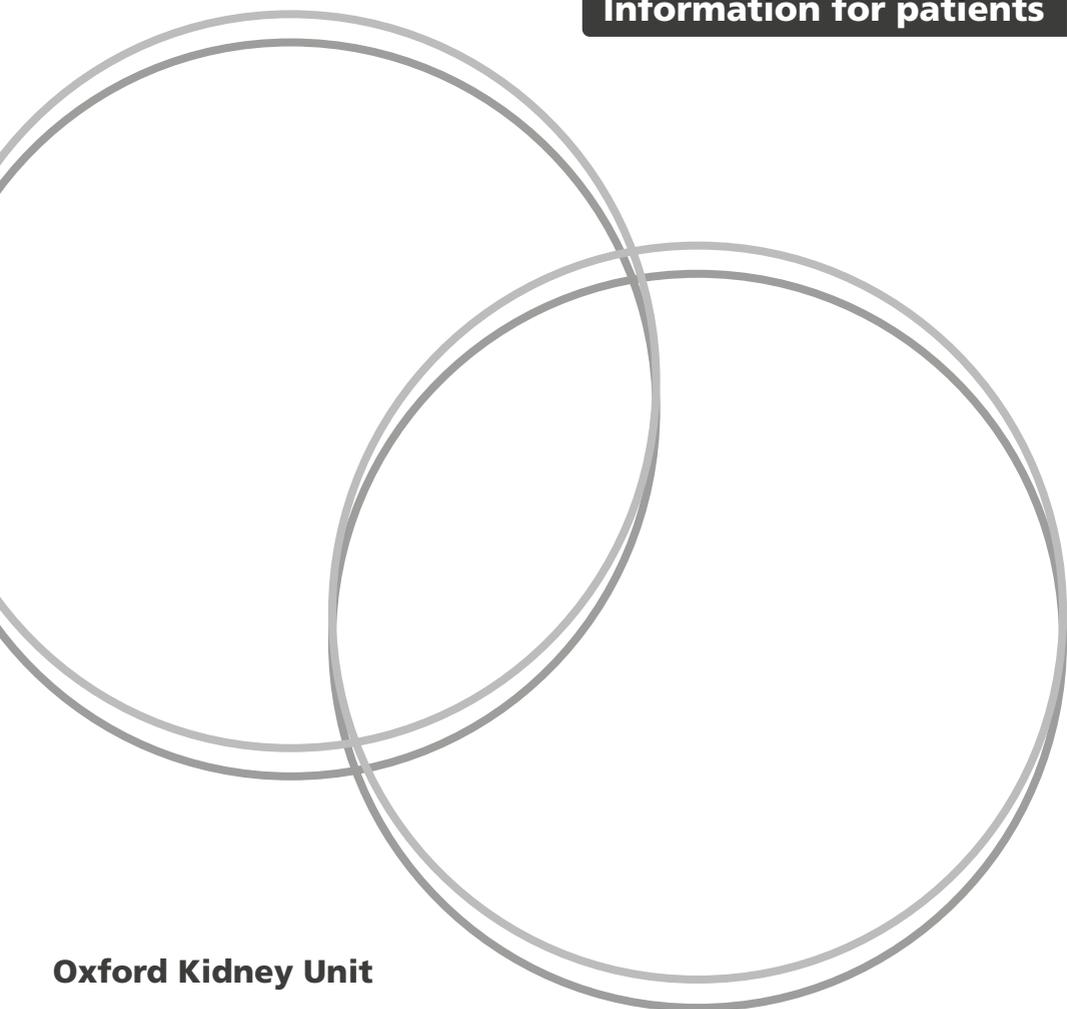




Oxford University Hospitals
NHS Foundation Trust

Websites and cookbooks for people with chronic kidney disease

Information for patients



Oxford Kidney Unit

Websites

The Oxford Kidney Unit website

Website: www.ouh.nhs.uk/oku

On the patient information tab you will find a section titled advice from the dietitians.

National Kidney Federation

Website: www.kidney.org.uk

The National Kidney Federation (NKF) is a UK charity run by kidney patients for kidney patients. Look under the 'Help and Information' heading for the diet sections.

Kidney Patient Guide

Website: www.kidneypatientguide.org.uk

This website provides information for kidney patients, their partners and families.

Kidney Care UK

Website: www.kidneykitchen.org

Kidney Kitchen was developed by Kidney Care UK and the British Dietetic Association and has recipes and videos for kidney patients.

Cookbooks

Eating well for kidney health – Expert guidance and delicious recipes for people with chronic kidney disease

By Helena Jackson, Claire Green and Gavin James

Eating well for kidney failure – A practical guide and cookbook for people who are on dialysis

By Helena Jackson, Gavin James and Annie Cassidy

Food with Thought – the everyday kidney-kind recipe collection

Download a free copy from here: [Download food with thought PDF](#)

Truly Tasty

By Valerie Twomey

A book with over 100 special recipes created by Ireland's top chefs for adults living with kidney disease.

These resources have been developed outside of the Oxford University Hospitals Trust and have therefore not been through our clinical guideline meeting. We endeavour to check the accuracy of the content annually but cannot ensure all material is up to date.

Contacts

Renal Dietitians

Tel: **01865 225 061**

Please leave a message on the answerphone and one of the team will call you back.

Further information

Oxford Kidney Unit

The website has lots of information about the Oxford Kidney Unit for patients and carers.

Website: www.ouh.nhs.uk/oku

Kidney Care UK

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidneycareuk.org

Six Counties Kidney Patients Association

The SCKPA is run for patients by patients or family members.

They offer support to people suffering from kidney disease or who are on dialysis. They work closely with the Oxford Kidney Unit and have branches in Oxfordshire, Northamptonshire, Buckinghamshire, and Milton Keynes, and parts of Wiltshire, Gloucestershire and Berkshire.

Website: www.sixcountieskpa.org.uk

National Kidney Federation

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidney.org.uk

Health for Me (patient portal)

Health for Me enables you to access to your digital health record via the OUH Patient Portal. It is an online system that allows you to easily view parts of your digital health record safely and securely from a computer or smartphone.

Please ask a member of the renal team to sign you up to the patient portal.

If your bloods are taken by the Oxford Kidney Unit you will be able to see these results. We can give you a leaflet that will help you understand the results. If you would like a copy, please ask a member of the renal team.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Renal Dietitian Team

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Oxford University Hospitals NHS Foundation Trust

www.ouh.nhs.uk/information



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