

If you would like to contact me I am based in the renal department at St George's hospital.

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facebook



I've not heard much feedback about the Facebook group.. I'm interested to know why this is?

I have 3 volunteers so far, which is fab! If anyone else would like to volunteer to help keep content going on to the page then please let me know. The sooner we have a name the sooner we can go live!

A few name suggestions we've had are..

The Squiggly Society

adRENALine

Regal Renal

Renal Eagles

What does everyone think?

Any other suggestions?!

Ravenstor special! Thank you to everyone who came and everyone who took the time to send in something for the newsletter!

I hope you all enjoy reading some of the comments and will join us next year! Feel free to ask any questions!

London Young Adult Christmas Event!

I have teamed up with the Young Adult Workers at Guys and the Royal Free to put together a joint Christmas do! The plan is...

Bowling and Food at All Star Lane; in Holborn!

When: Hopefully on a Saturday afternoon in December but I will confirm this.

How much? We are applying for funding so that it can be FREE for you all!

I really hope as many of you will come as possible! Please let me know if you are interested in coming as we would like to start working out numbers! I shall update you very soon with the actual time and date of the event!



BKPA residential weekend!

Ravenstor 2015



"The Ravenstor trip was great fun and it has definitely done me a world of good. The activities were really good fun, and it was particularly nice for me to get the opportunity to climb again (I haven't climbed in over a year due to my fistula and a lack of confidence). Sitting round the fire on Saturday night was awesome. More importantly, it was good to talk to other young people in the same situation as me, and it has made me feel better about the life situation I seem to have fallen into. It has got me thinking more about the future, in a more positive way, and it's spurred me on to not let my renal failure and dialysis define me or hold me back. I would urge anyone to take the opportunity to go on the trip next year, and moreover, to do their own thing, whatever they want to do, and not let their renal disease take over or limit their ambitions. Thank you to all off the nurses, renal workers and volunteers that organised the Ravenstor Trip, and also thank you to every one that came." 26 (On Haemodialysis)



"I had a great weekend at Ravenstor made so many new friends & met people that have experienced things that I have; dialysis & Kidney transplants ect. It made me see that I am not alone in this and there are people I can relate to. I would encourage people to experience this as I believe you would have a great time like I did." 24 (Transplant Recipient)



"The Ravenstor 2015 residential weekend was one of the best experiences I've had in my life! I can safely say the people I've met from this year will be lifelong friends of mine and I hope to meet some more amazing people next year too! I highly recommend the Ravenstor residential to anyone eligible, there's something for everyone to do and you're not forced to take part in things you aren't comfortable with, it's completely your choice what you want to take part in. It only comes around once a year so don't miss out, trust me, you won't regret it!!" 21 (Transplant Recipient)

"Had such an amazing time a weekend is defo not long enuf....just got home the shower n my bed is calling lol " 29 (Transplant Recipient)



"Awesome weekend away, met some great people and now have some epic memories. Can't wait for the next one." 23 (on Haemodialysis)



"Now that I'm home and Finally Rested, must say I've had such an amazing weekend away with some amazing people, my fellow renal patients you were amazing and made me feel a part of something big and special and made me know I'm not alone in this, I'm looking forward to it next year with you lot again!" 22 (Transplant Recipient)



"Had an awesome weekend with the amazing Young Adults from all over the UK x I'm aching all over and tired as hell but it was all worth it x Haven't laughed so hard in so long x Love my Renal family x Thanks to everyone who made the weekend possible and to everyone who attended x Love you all x #BringonSept2016 " 23 (Transplant Recipient)

"Seeing all the pics from being away, and I'm here thinking get me back there, we would be at the fire listening to music, can't wait for next year, I love you guys " 21 (on Haemodialysis)



"Ravenstor was an awesome weekend! So many activities and games to do. So many opportunities to release from the daily grind of renal failure. You meet so many people in your age group all going through the same journey and instantly feel like you are not alone. Going to Ravenstor has given me a new lease on life. It has helped me to be positive and more active. I am looking forward to the next one!" 26 (On dialysis)

"I'm back after an amazing weekend with fellow renal patients and have slept off my exhaustion! It was great to see so many familiar faces again and amazing to meet new people! Felt I came out of my shell far more this weekend! So proud that I managed the "impossible" hill, we look at it every year and say no way but I did , along with some other conquerors! And I'm amazed I did the rock climbing given my fear of heights, might not have reached the top but surprised I even got off the ground. Thank you to the organisers and to everyone who made this weekend great! Same again next year please!" (on Haemodialysis)

BKPA Young Adult— Ravenstor Weekend 18th to 21st September 2015

As I mentioned in the last newsletter, this month I have put together a special Ravenstor weekend spread! But for those of you who couldn't make the weekend and are interested in hearing a little bit about what the weekend was like, I have written a quick run down of what we did on each day!

On **Friday** (the 18th September) we arrived in the evening, just in time to catch the second half of the Rugby.. We had dinner and then there was a quiz and a few games before everyone either went and hung out in the TV room or headed to bed in preparation for the busy day ahead.

On **Saturday** we had to get up early as the coach was picking us up at 9am. There was a fry up for breakfast or a choice of toast, cereal, fruit and yoghurt (as there was everyday). It was approximately a 30 minute drive to get to the outdoor activity place and we spent the day here doing lots of cool things. Everyone was separated into groups and each group rotated through a number of different activities; Team Building Puzzles, Bushcraft, Archery, Rock Climbing and Canoeing. Luckily the weather was lovely so we were all able to enjoy a picnic outside.

After the busy day we all headed back to the coach and made a quick pit stop to pick up drinks and snacks for the campfire. We got home and had some free time to relax/shower before dinner and then headed out to a huge campfire! Which we all sat around, chatted and listened to music. That night everyone was free to do what ever they liked and there were lots of games and karaoke.

On **Sunday** most people had had a late night and were feeling a little worse for wear, so the morning was pretty chilled. We had breakfast and then sat around deciding what to do with the day. There was a choice between a walk, baking and a visit to Chatsworth house. Everyone was back by 5pm and those who wanted to were split into teams for the catwalk show.. (each team had to make a costume out of arts and crafts materials.. We were given a choice of themes but both teams happened to pick super heroes, the winning team came up with 'the Fistulator'! I will have to find a photo for next time.)

Everyone was pretty tired so after dinner we all got together in the TV room and watched a slide show that one of the young adults had put together with all the photos from the weekend! Then again there were lots of games and everyone went off in little groups depending on what they fancied doing.. A few headed to bed, some played cards, some watched films, one group decided to have another campfire and the rest of us played games; Giant Jenga and Twister and then stayed up chatting.

Monday morning we all gathered our things, had breakfast together and then said our goodbyes and got ready to head home! There was lots of chatting about the weekend and talk of how next year can be even better. We were back in London at about 4pm.

It was a really fantastic weekend and I would definitely urge lots more of you to come next year! I hope you enjoyed the comments and pictures sent in by some of the people who came this year!