

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

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**facebook**



Almost ready to go live! Looking for someone keen to design a profile picture for our renal young adult Facebook group! Let me know if you might be interested!

**Opportunity to be Involved in Research!**

We are now involved in the multi centred **SPEAK study**, looking at outcomes and patient experience for young adults with kidney failure. If you'd like to take part in this important piece of research please let me know! It's all done online and the results could really make a difference to young adult renal patients. Drop me an email and I will provide further information.

Our Facebook group is finally underway and I should have an update very soon! If you would like to design a profile picture get in touch! And if you would like to contribute to next month's newsletter please don't hesitate to contact me!

**BKPA YOUNG ADULT  
ACTIVITY WEEKEND**

**16th, 17th & 18th September!**

**FREE—food and travel included**

Come and enjoy an action packed FREE weekend at the Ravenstor Youth Hostel an impressive country house in the heart of the peak district.

**A fantastic opportunity to meet other young adults from across the UK and enjoy a wide range of activities including archery, canoeing, walking, cycling and lots of fun socialising.**

If you would like to come or would like anymore information let me know!

*“Awesome weekend away, met some great people and now have some epic memories. Can't wait for the next one.”*

*“Had an awesome weekend with amazing Young Adults from all over the UK. Haven't laughed so hard in so long  
#BringonSept2016”*

**BKPA young adult**

**ACTIVITY WEEKEND**

**RAVENSTOR 2016**

**16TH · 17TH · 18TH SEPTEMBER**

If you're 18–30 and have a Chronic Kidney Disease, had a transplant or are on dialysis, you can come and enjoy an action packed free weekend at Ravenstor Youth Hostel, an impressive country house in the heart of the Peak District.

- Meet other young adults from across the UK.
- Enjoy a wide range of activities including archery, canoeing, walking, cycling and lots of fun socialising.

*“Awesome weekend away, met some great people and now have some epic memories. Can't wait for the next one.”*



**How do I book my place?**

To book or for more information email the British Kidney Patient Association at [info@britishkidney-pa.co.uk](mailto:info@britishkidney-pa.co.uk), write on the [young@NKF](mailto:young@NKF) Facebook page or contact the Young Adult Worker at your unit:

Marie-Louise Turner  
0208 725 1919 / [MarieLouise.Turner@stgeorges.nhs.uk](mailto:MarieLouise.Turner@stgeorges.nhs.uk)

The weekend may not be suitable for people with mobility issues. If you have any concerns please check with the Young Adult Worker at your unit.



## Written By You..—The NEW KIT appeal.



Ask any dialysis patient and I'm sure they will tell you their opinion of the dialysis machine. I could certainly go on to tell you; for pages and pages, my own experience of being on both the peritoneal and the haemodialysis machine and how incredibly, shall we say 'annoying' for want of a better word they can be. Irritation aside, without the machines it is very likely that I wouldn't be here, well and able \*touch wood\* to write this article today.

With the number of patients attending dialysis at St. George's increasing new equipment is vital. If you are a regular reader of our page then you may already know that I am a big knitting enthusiast who runs two local groups and got into knitting via dialysis. As a thank you to the hospital I approached the fundraising office at St. Georges to see if I could help raise some money for the renal unit. As luck would have it the 'NEW KIT' campaign had been launched a few months prior and one of the key areas where they raising money was for two new dialysis machines. It was as if it was made to measure! The fundraising office was delighted to hear about my enthusiasm and interest to raise money for the 'NEW KIT' campaign. After a few emails ironing out the finer details; when we could hold the sale, how many people would be coming and what kind of things were we likely to sell or had sold well in the past, the date was set for March 10<sup>th</sup>. I had already put forward the idea to my knitting groups so we could start to knit up stock for the sale; the group having previously held successful knitting sales for the Dementia ward and the premature baby unit for Kingston hospital. Enthusiastic in their response as ever the knitted goods came pouring in and very soon I had three boxes and lots of bags of knitted goodies ready to sell.

March 10<sup>th</sup> arrived with the coincidence of World Kidney Day coinciding with the sale. With my army of merry knitters; six of us in total dressed up in St. Georges fundraising pink t-shirts (how fetching) we set up our wares in Grosvenor Wing and went to work. After a whirlwind of woolly hats, baby jumpers, knitted chicks, bunnies and blankets **we took our best sales record, raising £753**. Such an amazing achievement for the people who knitted, bought and donated the goods for the sale.

We will be holding another sale later in the year. If anybody is interested in helping us by knitting or donating any items for the sale or would like to join one of the groups please don't hesitate to contact either me (Stuart) at [stuart.wynn@GLL.org](mailto:stuart.wynn@GLL.org) or Marie-Louise (our young adult worker) on [MarieLouise.Turner@stgeorges.nhs.uk](mailto:MarieLouise.Turner@stgeorges.nhs.uk). Or if you can't knit but would like to contribute, pop into the St. George's fundraising office in Grosvenor Wing!



**28th—31st July 2016**

**Liverpool**

# TRANSPLANT

Actively Promoting Organ  
Donation...

# SPORT ↑

The British Transplant Games has been in existence for over 30 years and is open to anyone who has had a transplant or who is on dialysis.

The Games aim to demonstrate the benefits of transplantation whilst increasing public awareness of the need for more people to join the NHS Organ Donation Register.

**This year I would like to put together a team of Young Adults from St Georges' to go along to the transplant games in Liverpool.— Registration is now open!**

The games aren't just about sports and competitions, there are also social event and a Gala so it is a fantastic opportunity to meet lots of different people who have had a transplant. I've heard great things from those who have been to previous years and hope lots of you will come along this year!

Below are a list of games you can compete in ..

- |                       |                          |                            |
|-----------------------|--------------------------|----------------------------|
| ⇒ <b>Snooker</b>      | ⇒ <b>Ten Pin Bowling</b> | ⇒ <b>Walk</b>              |
| ⇒ <b>Basketball</b>   | ⇒ <b>Darts</b>           | ⇒ <b>Mini Marathon</b>     |
| ⇒ <b>Archery</b>      | ⇒ <b>Fishing</b>         | ⇒ <b>Crown Green Bowls</b> |
| ⇒ <b>Soft Cricket</b> | ⇒ <b>Tennis</b>          | ⇒ <b>5 a side football</b> |
| ⇒ <b>Squash</b>       | ⇒ <b>Badminton</b>       | ⇒ <b>Table Tennis</b>      |
|                       | ⇒ <b>Golf</b>            | ⇒ <b>Volleyball</b>        |
|                       | ⇒ <b>Cycling</b>         | ⇒ <b>Swimming</b>          |
|                       | ⇒ <b>Short Tennis</b>    | ⇒ <b>Track and Field</b>   |

Of course we will also need supporters! And the more the merrier! Let me know if you would like to sign up to compete in any of these games.. or if you would like to come along as a supporter! If you send me an email or give me a call we can have a chat about the games in a bit more detail.

Check out the website: <http://www.britishtransplantgames.co.uk/>