

August 2017

St George's University Hospitals   
NHS Foundation Trust

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22<sup>nd</sup> – 25<sup>th</sup>  
September 2017

Young adult activity weekend

Ilam Hall – Peak District 2017

LAST CHANCE TO BOOK YOUR PLACE!

Please contact me if you would like to come.

Young adult activity weekend

Ilam Hall – Peak District 2017

22nd to 25th September

If you're **18-30** and have had a kidney transplant or have a chronic kidney condition or are on dialysis you can come and enjoy an action packed **FREE** weekend at **Ilam Hall Youth Hostel**. Ilam Hall is an impressive country house in the heart of the Peak District.

- Meet other young adults from across the UK.
- Enjoy the wide range of activities that are on offer, including walking, arts and crafts, orienteering, rock climbing, bush craft, team challenges, karaoke, music, interesting workshops and lots of fun socialising.
- Weekend suitable for young adults with disabilities.\*
- Staffed by experienced kidney nurses and youth workers.



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



## In The News



### **Healthy after kidney transplant, Aries Merritt returns to world championships and finishes second behind Aleec Harris in the 110-meter hurdles.**

SACRAMENTO, California. — Aries Merritt will be making a return to the world championships. This time, with a working kidney.

The world-record holder Merritt finished second behind Aleec Harris in the 110-meter hurdles at the U.S. track and field championships Sunday. His place — as long as it was top three — didn't really matter. He just wanted a spot.

Harris proved uncatchable as he finished in 13.24 seconds. Merritt was 0.07 seconds behind.

Merritt won bronze at the 2015 world championships in Beijing with his kidneys barely functioning because of a genetic disorder. He received the transplant from his sister less than a week later. Now healthy, he's ready to see what he can do with worlds being held at the venue where he won an Olympic gold medal during the 2012 London Games.

"I always felt once I was healthy, all it would take is for me to put in the work," Merritt explained. "That's something I've been lacking. I haven't been able to put in the work in two years."

Merritt, 31, said he knew he would make a strong return, although he encountered many sceptics.

"I was told, 'You'll never come back to the sport with the medications you have to take that are lifelong,'" Merritt said. "It was something that went in one ear and out the other."

"No matter what someone may tell you, whether it's a doctor or not, you can't give up hope. You always have to stay positive and look at the brighter picture." (The Mail Online)