

December 2017

St George's University Hospitals **NHS**

NHS Foundation Trust

MERRY CHRISTMAS!



Contact details:

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A MOBILE PHONE!

Finally I have been given a work mobile phone. I really hope this will make it much easier for you guys to contact me.

My numbers : 07825 118 459

Drop me a text/whatsapp so I have your number & as usual if you have a story you'd like to share in the newsletter send it over! I'd love to hear from you.



**CHRISTMAS
SOCIAL**

**Planning is under way for this years
Christmas/new year social event!**

**All London renal patients
between 16 and 30 are invited.**

**Last year we went bowling and for
something to eat but we are very much
open to new suggestions.
Shall we do the same thing as it worked
so well or do you want
something different?**

**We've decided to push the event back to
February—March time In the hope
that we'll get some more ideas and
have more time to plan.
So if you have any ideas let me know!
I will be in touch with more details.**

In The News—'Irish lads First Christmas Dialysis Free'



Aidan O'Brien is looking forward to a Christmas free from dialysis thanks to his life-saving kidney transplant. The Cork lad was four when he was diagnosed with (FSGS) kidney disease.

Mum Vicki first noticed a problem when, after a nap, he woke up with swollen eyes, but she thought it was allergies. She recalled: "Then someone said to us about Aidan's stomach, that he'd put on weight. When you see your child every day you don't notice little changes but his stomach was distended out."

Vicki and fire fighter dad Steven brought Aidan to the doctors for tests and the tot was rushed to Crumlin Children's Hospital. "Aidan was on dialysis for a year and a half at home. Twelve hours a night. "He used to get restless legs, he was itching all over, he found it very hard to sleep and then he was connected to a machine at night with background noise and an alarm if he rolled over on to the tube or something."

Vicki gave up her job to care for Aidan and the family began to feel the pinch. While in hospital Vicki was told about Cliona's Foundation, which provides financial help to families who are caring for a sick child. She explained: "It just helped out with all the bills that were building up. You'd spend an absolute fortune travelling to the hospital. "You just feel the bills are not even important. You focus on your child, and then you come home and see them pile up and go 'oh my god'. "I had never heard of Cliona's foundation. I just think it's brilliant what they do."

Last February brave Aidan received a transplant thanks to his uncle Tommy. Vicki explained: "My sisters are twins and they went to get tested. Emily's husband Tommy said, 'You know I think I'll get tested as well' and it was Tommy who was the better match. "Tommy is so easy-going about it, he's back to work, and he doesn't want a big deal made about it. But every now and again it comes in to your head what he did — it was so huge. It wasn't even for his own blood relation.

Now Aidan is healthy and happy. Vicki said: "He's flying it with his kidney, he's back to school, five days a week. "We joined a swimming pool so he goes a few times a week, he hasn't been able to swim in years as he's always had some form of line in for dialysis. "He just feels like he's a healthy child now. There's no tubes connected to him. He's really happy."

(The Irish Sun)