

December

Contact Details:

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?!

Check out the article about the Battersea dogs homes annual charity ball! which was kindly written for this newsletter! If you would like to write a piece/ have anything you would like to feature next month please don't hesitate to contact me! =)

London Young Adult New Year Event!

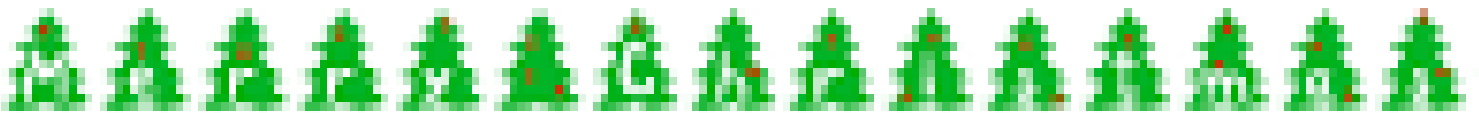
I have teamed up with the Young Adult Workers at Guys and the Royal Free to put together a joint Christmas do!

Bowling and Food at Queensway bowling alley!

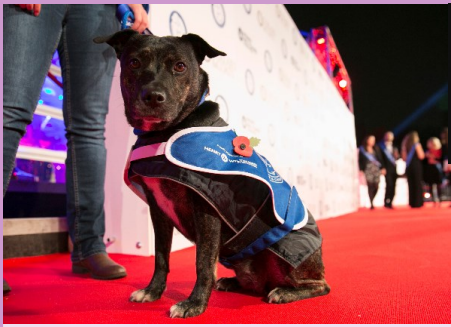
When: Saturday 16th January! 3pm.

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!



Written By You..



COLLARS & COATS

““You shall go to the ball Cinderella, in a beautiful gown! Your carriage awaits!” Cinder’s...being a skinny 26 year old librarian. The gown?...more Primark suit. The carriage?...more Vauxhall Astra. But Jacqueline Wilson as Fairy Godmother was Bib-iddy Book-idy BRILLIANT! A massive thank you for inviting both me and my mum to the star-studded event.

The ball was great fun. Very glam, very un-me! We arrived to dazzling Technicolor light show. The building was lit up like a neon ice cube. We were swept up to a red carpet (my first) to meet Jaqueline Wilson (hugs and kisses) then to meet and greet the real stars of the show the dogs of Battersea (a select special few) all very friendly and so well behaved. Glanced a celeb at the end of the carpet (we think it was one of the members of Little Mix; no idea who) posing for the paparazzi then in we went. Champagne & canapés greeted us inside with candles glowing all around giving the perfect ambience. We waited around the bar touring the tables of items listed for the raffle and silent auction. We were introduced to the other members of tonight’s table party, all wonderful warm and witty people! Then...the curtain moved aside to reveal the main event! Over 60 tables set for around 10, each dazzling with centre piece of the purest white rose heads and next to it was a vast bowl with ice. All bursting with bottles of bubbly!



Under each seat was a goody bag containing lots of (as you would guess) goodies for both man and beast. A carton of super berry juice, soap, lip palm, a fragrant candle, a book of fun facts about Battersea Dogs and Cats home, a magazine from the home, Beefeater gin, dog and cat treats, a cat shaped biscuit (for humans) and some people were given a beautiful eau du toilet smelling of bluebells while others had shampoo. There was half of my Christmas shopping done already and November had only just begun!

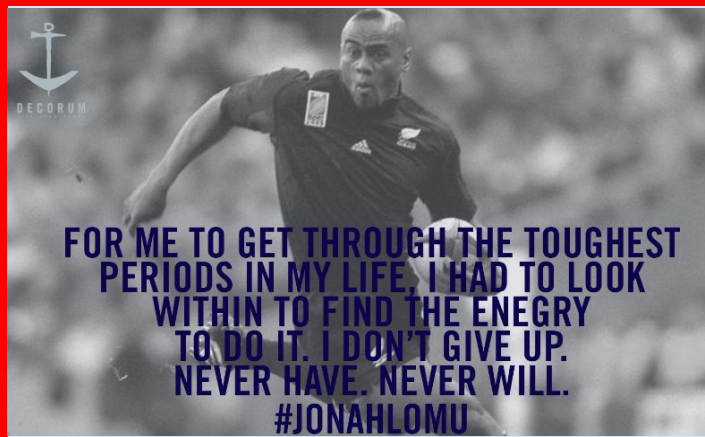
We had a prime table. No 2! Facing the stage we witnessed entertainment from Burlesque Crazy Rouge Song’s from Camilla Kerlake and a performance from the legend Bryan Ferry. There was hosting from Dr Christian Jessen, Dame Jaqueline Wilson. Craig Revel-Horwood, Sue Barker & Anthony Head to name but a few.

Table service was choreographed like a Russian ballet. Out came the fine fare (one of my favourite moments of the evening! (Oh how I love my food!) For starters there was a choice of confit of cod on potato mash with muscles in a clam sauce. For the main there was roast beef cheeks with kale and roast potatoes with a red wine jus followed by dessert, a delice au cassis with chocolate shard and frozen yogurt. The vegetarian option looked equally as delicious! I could have eaten both! Throughout the evening the wine kept on flowing, the ‘fizz’ continued to ‘buck’ up the table as we hit the dancefloor to Bryan Ferry then the disco. Then when I could dance no more I hung up my dancin’ shoes and headed home full of good cheer and merriment after a most amazing evening.

But I must not forget to mention the importance of the event. To support and to raise vital funds for Battersea's dogs and cats. The Collars & Coats Gala Ball is a truly unique event that's all about celebrating animals and raising money to help care for the 9,000 dogs and cats that come through Battersea’s gates, abandoned and bewildered every year.” It costs over £18m to run Battersea each year, and with no government funding. The Collars & Coats Gala Ball is all about helping to increase awareness of the important work Battersea dogs and cats home does; to offer a second chance to thousands of animals. Last year nearly 9,000 dogs and cats needed Battersea’s care and attention to help find them the best possible new homes.



In The News



Many of you would have heard the sad news of rugby legend, Jonah Lomu, passing away. He had battled with kidney disease throughout his professional rugby career.

At the age of 19, he made his All Blacks debut, breaking a 90 year record to become New Zealand's youngest Test player. His appearance in the World Cup a year later was a wildcard. The 1995 World Cup in South Africa will always be remembered for Lomu's barnstorming seven-try haul, including one that arguably defined his career. His effort was voted the greatest in World Cup history. Even though he was suffering from kidney disease at that time. His training was scheduled around a condition that left him anaemic and exhausted. He recalled "I felt so tired. When the lads went out to socialise, I'd take a sandwich back to my hotel room and was usually so tired I'd wake up five hours later with egg and salad all over my face."

Lomu only revealed he had been diagnosed with Nephrotic syndrome after the World Cup. He continued to play rugby throughout his illness, occasionally taking time off for treatment. He went on to add another eight tries at the 1999 World Cup to break the record for the global showpiece. Sadly the disease took its toll and he had to call time on his playing career in 2002. "I was hoping my kidney would sort itself but it didn't. Instead of getting better it got worse."

In 2004 he had a kidney transplant, the new kidney was inserted behind his rib cage to protect it from tough tackles. Unfortunately he lost his transplant in 2011, due to the condition coming back into his new kidney. He had been on the waiting list for a second transplant ever since. When talking about requiring dialysis three times a week for six hours a day, he said: "Yeah, there's only so many movies you can watch, so many emails you can catch up with, but I don't let it get me down. Everybody has their ups and downs. You have to try and stay up and be happy and positive about it. Because I will tell you one thing: it does get you down at times. It's difficult. Every dialysis patient is different but we have one commonality: we have no other choice. Your second choice isn't really a choice. It's just you giving up." "He fully acknowledged that kidney disease is not something anyone would ever want but he was philosophical and accepted that that was the lot he'd been given and made the most of it."

He had two sons who were a constant source of motivation to him. He had been an ambassador for UNICEF, a patron of Kidney Kids NZ. He did not let his dialysis treatment crush his spirits and was in the UK for this year's 2015 Rugby World Cup as a fan, an ambassador for sponsors Heineken - and as a dialysis patient. "By the end of it I'll have learnt the ins and outs of every clinic in the country," he joked to the London Telegraph. He was in good spirits and passed away, at home, unexpectedly, at the age of 40.

"Jonah was a legend of our game and loved by his many fans both here and around the world." "He will be remembered as one of the best sportsmen New Zealand has produced. He lived his dream and made his mark doing so. Respected on and off the pitch. Legend. Gentleman. Never forgotten."

