

February 2017

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If you would like to write a piece, or have read an article that you think might make an interesting feature for next month please don't hesitate to contact me! =)



The Young Adult Hospital Party

A quick paragraph about the Young Adult Party which was held on Saturday 7th January in the Hyde Park Room from 2-6 pm . Young adults from all departments across the hospital were invited to this event.

"The Hyde Park room was a hive of activity for young adult patients from St Georges. The party was held for young people who suffer from chronic and life-threatening illnesses giving them a chance to get to know other young adults in similar situations.

Talented musicians, singers and rap dancers from the University students provided the entertainment along with DJ Ash who also provided an amazing magic show"

"Lovely atmosphere and everyone was friendly and welcoming."

"Great acts. Very entertaining."

"It's been really good. Nice to spend time with other young people and get out of the ward"



This was a pilot project funded by the hospital Charity and the British Kidney Patient Association. It was very successful and we will be planning more like it in the future.



The Young Adult Christmas Bowling Trip!

In December the BKPA funded another great trip for young adults from Hospitals across London. All were invited to attend an afternoon of bowling, socialising, food and drink. The event took place at Bloomsbury Lanes in Central London and 18 people attended.

Events like this provide an opportunity to meet others of a similar age, going through similar situations as you. Many younger kidney patients report feeling like they are

the only ones their age in the hospital, particularly if they have a stay on an adult ward with many older or elderly patients. So it's important to have events like this so everyone can come together in a fun and relaxed environment.

The group feedback was really positive and everyone said they had a good time. The bowling was great fun and had a great community feel. It was really nice that those who found it difficult or had disabilities were supported to bowl by other young adults at the event, which meant everyone was able to take part and enjoy the afternoon together. When the bowling had finished we all enjoyed some delicious food in the diner. It was great to hear the conversation about peoples experiences and life in general while tucking into pizza!

Feedback from one patient was:

'I had a great time even if I wasn't good at bowling! I made new friends and I'm looking forward to the next event'

(Laura age 20)

A big thank you to the BKPA for their generous grant that ensured the event could happen and that we could all get together for this very worthwhile event.

