

**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**

Were almost ready to go live! But we're still looking for volunteers to provide content for our Facebook group!

**Opportunity to be Involved in Research!**

We are still 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.

It's that time of the year again for the Ravenstor Weekend—check out the pictures and comments from last year! I hope lots of you will join us this year, I would highly recommend it to everyone.

And of course, If you would like to contribute to next months newsletter please don't hesitate to contact me! =)

Melanie is sky diving for charity! Any support you can offer would be greatly appreciated.

If you would be interested in getting involved with doing some fundraising of your own then please get in touch!

It would be nice to set something up as a group.

# Melanie's Sky Diving Challenge



**Melanie Flowers was diagnosed with Stage 4 Kidney Failure just over a year ago. She is doing a SKYDIVE on 22<sup>ND</sup> July to raise money for the ST GEORGE'S KIDNEY PATIENT ASSOCIATION which will help fund and improve the facilities at the Renal Unit**

**Please take time to read her story at unit**

**<https://www.justgiving.com/fundraising/MELANIE-FLOWERS1>**

**Any Donations would be very much appreciated. Thank You**

**DEADLINE TO CONFIRM YOUR PLACE: \*1<sup>st</sup> AUGUST\***



**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."



*If this trip sounds like something you might be interested in, or you would like some more information, please get in touch!*

*We already have approximately 50 people on our list, so places are limited.*

***DON'T MISS OUT!***

## 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](https://www.facebook.com/young@NKF) Facebook page or contact the Young Adult Worker at your unit:

Marie-Louise Turner – You can contact me by phone or email:

0208 725 1919 / [marie.louise.turner@stgeorges.nhs.uk](mailto:marie.louise.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.

**BRITISH KIDNEY**  
*Patient* ASSOCIATION  
*improving life for kidney patients*

**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!

# BKPA residential weekend!

## Ravenstor 2015



"The Ravenstor trip was great fun and it has definitely done me a world of good. The activities were really good fun, and it was particularly nice for me to get the opportunity to climb again (I haven't climbed in over a year due to my fistula and a lack of confidence). Sitting round the fire on Saturday night was awesome. More importantly, it was good to talk to other young people in the same situation as me, and it has made me feel better about the life situation I seem to have fallen into. It has got me thinking more about the future, in a more positive way, and it's spurred me on to not let my renal failure and dialysis define me or hold me back. I would urge anyone to take the opportunity to go on the trip next year, and moreover, to do their own thing, whatever they want to do, and not let their renal



"I had a great weekend at Ravenstor made so many new friends & met people that have experienced things that I have dialysis & Kidney transplants ect. It made me see that I am not alone in this and there are people I can relate to. I would encourage people to



"The Ravenstor 2015 residential weekend was one of the best experiences I've had in my life! I can safely say the people I've met from this year will be lifelong friends of mine and I hope to meet some more amazing people next year too! I highly recommend the Ravenstor residential to anyone eligible, there's something for everyone to do and you're not forced to take part in things you aren't comfortable with, it's completely your choice what you want to take part in. It only comes

"Had such an amazing time a weekend is defo not long enuf....just got home the shower n my bed is calling lol"  
Transplant YA, 29



"Awesome weekend away, met some great people and now have some epic memories. Can't wait for the next one." Haemodialysis YA, 23



"Now that I'm home and finally rested, must say I've had such an amazing weekend away with some amazing people, my fellow renal patients you were amazing and made me feel a part of something big and special and made me know I'm not alone in this, I'm looking forward to it next year with you lot again!" Transplant YA, 22.

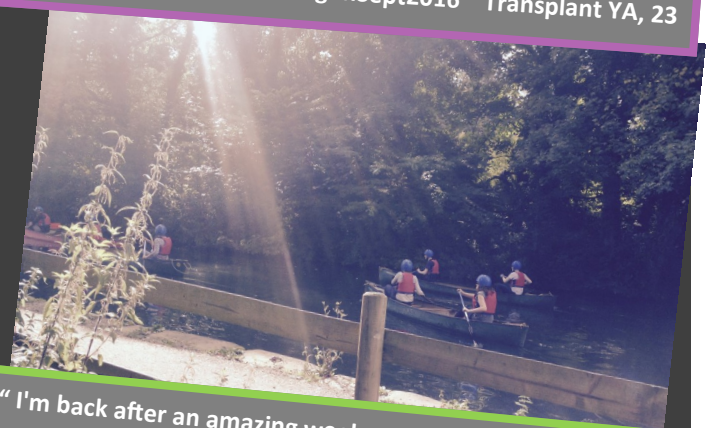


"Had an awesome weekend with the amazing Young Adults from all over the UK x I'm aching all over and tired as hell but it was all worth it x Haven't laughed so hard in so long x Love my Renal family x Thanks to everyone who made the weekend possible and to everyone who attended x Love you all x #BringonSept2016 " Transplant YA, 23

"Seeing all the pics from being away, and I'm here thinking get me back there, we would be at the fire listening to music, can't wait for next year, I love you guys " Haemodialysis YA, 21



"Ravenstor was an awesome weekend! So many activities and games to do. So many opportunities to release from the daily grind of renal failure. You meet so many people in your age group all going through the same journey, and instantly feel like you are not alone. Going to Ravenstor has given me a new lease on life. It has helped me to be positive and more



"I'm back after an amazing weekend with fellow renal patients and have slept off my exhaustion! It was great to see so many familiar faces again and amazing to meet new people! Felt I came out of my shell far more this weekend! So proud that I managed the "impossible" hill, we look at it every year and say no way but I did , along with some other conquerors! And I'm amazed I did the rock climbing given my fear of heights, might not have reached the top but surprised I even got off the ground. Thank you to the organisers and to everyone who made this weekend great! Same again next year please!" Haemodialysis YA



**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/>