

June 2017

**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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**Polycystic Kidney Disease**

**Information & Support Day!**

**Saturday 1st July , 9:30 am to 4 pm — at St George's Hospital, the Monckton Lecture Theatre.**

**Hosted by:** Dr Joyce Popoola, Dr Anand Saggar and the PKD Charity

Everyone welcome! Come and share your experiences with others, put your questions to the experts and learn about ADPKD and the latest research!

**Young adult activity weekend**

**Ilam Hall – Peak District 2017**

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

This is the 5<sup>th</sup> year that the BKPA (now Kidney Care UK) has funded a FREE weekend in the Peak District for young people with kidney problems (CKD, PD,HD and Tx).

**WHAT is it all about?**

The weekend is about peer support and having a great time – on the Saturday we offer activities such as rock climbing, rafting, and abseiling but there are other activities to suit everyone. On Sunday there will be workshops and planned activities as well as some time to just chill out!

We have gone for a larger youth hostel this year as it has been so popular in previous years and we would like as many new people to attend as possible!

**TRAVEL:** Leave on Friday afternoon – Return on Monday afternoon! By minibus with other young adults from in and around London.—We are asking for a £20 donation to help cover the cost of travel.

If you are on dialysis we would suggest you rearrange your sessions for Friday morning and Monday afternoon – I can help you do this! If you are home dialysis you are welcome to bring equipment along.

**REGISTERING for the weekend?**

We will need to have a list of definite numbers by 18<sup>th</sup> July to avoid cancellation fees. However, we will be accepting some more people after this date.

Please get in touch with me if you'd like to know more or if you'd like to book your place.

Appropriate carers may be able to come along although it is not actively encouraged. Please discuss this with me if you feel you would need someone to come with you. But note that we do have expert key workers facilitating and on site the whole weekend.

# 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."**



### How do I book my place?

To book or for more information email Kidney Care UK at [info@kidneycareuk.org](mailto:info@kidneycareuk.org), 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 (Renal Young Adult Worker)**  
phone: 0208 725 1919 or email: [marielouise.turner@stgeorges.nhs.uk](mailto:marielouise.turner@stgeorges.nhs.uk)

\*The weekend is suitable for people with mobility issues and some disabilities. Please check with your young adult worker for more detailed information.