

**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**



Almost ready to go live! Looking for someone keen to design a profile picture for our renal young adult Facebook group! Let me know if you might be interested!

**Opportunity to be Involved in Research!**

We are now 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. Drop me an email and I will provide further information.

Our Facebook group is finally underway and I should have an update very soon! If you would like to design a profile picture get in touch! And if you would like to contribute to next month's newsletter please don't hesitate to contact me!

**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!

*“Awesome weekend away, met some great people and now have some epic memories. Can't wait for the next one.”*

*“Had an awesome weekend with amazing Young Adults from all over the UK. Haven't laughed so hard in so long  
#BringonSept2016”*

**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.”*



**How do I book my place?**

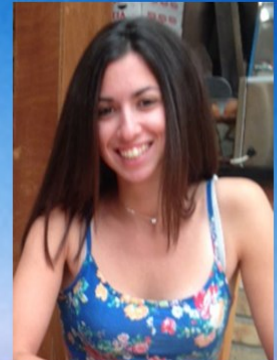
To book or for more information email the British Kidney Patient Association at [info@britishkidney-pa.co.uk](mailto:info@britishkidney-pa.co.uk), write on the [young@NKF](mailto:young@NKF) Facebook page or contact the Young Adult Worker at your unit:

Marie-Louise Turner  
0208 725 1919 / [MarieLouise.Turner@stgeorges.nhs.uk](mailto:MarieLouise.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.



# 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

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.





**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/>