

May - June 2018

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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A couple of spaces have come up on the climbing out trip in July! It is an amazing trip to be apart of!



Date: Monday 2nd July- Friday 6th July 2018

Location: Snowdon Bryn Gwynant North Wales

Climbing Out runs a 5 day outdoor activity programme aimed at rebuilding confidence and self esteem in young people who have been through a life changing injury, illness or trauma. The programmes run Monday to Friday and offer a wide range of activities including climbing, gorge scrambling, kayaking, hill walking, abseiling and raft building. All the activities are bespoke to the needs and capabilities of individual participants, so it doesn't matter how fit you are, or what physical limitations you may have, all the activities are adapted to suit the group, so everyone can take part and have a go.

Contact Me or Vanda (London) 07581 621930 [vanda.fairchild@gstt.nhs.uk](mailto:vanda.fairchild@gstt.nhs.uk) for more information and to confirm your place.

<http://climbingout.org.uk/>

Free trip!

# Annual General Meeting

**23rd June 2018**



**Venue:** St George's Hospital, Jenner Wing,  
Basement floor, Room J.07.

**Time:** 11am to 1pm.

A chance to speak to the Chief Executive of the hospital (Jacqueline Totterdell) and the Head of the Renal Unit, (Professor MacPhee) about anything that's important to you.

We'll be talking about the recent clinic moves, change of transport provider and continued use of the trailer, as well as the Renal Unit achievements and plans.

We will also be electing a new chair & committee as well as voting on a new constitution for the charity.

All patients, staff, carers and relatives are welcome to this year's Annual General Meeting of the St George's Kidney Patients Association.



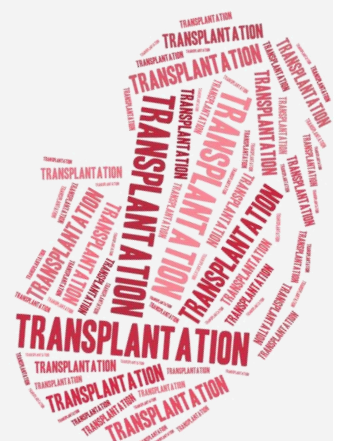
## Transplant Clinic

We want to improve our transplant clinic for our young adults and need your help!

I recently sent out a questionnaire via email with 7 questions asking about your clinic appointments and what changes you might like to see to improve your experience.

If you got this email please would you fill in the questionnaire and send me back your answers. If you didn't get an email please let me know so I can send you the questions. Otherwise I will give you a ring and we can discuss on the phone!

Thank you!!



## Young adult activity weekend

# Mount Cook Adventure Centre

**5th to 8th October 2018**

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 **Mount Cook Adventure Centre**. The centre provides a range of outdoor activities, based on the outskirts of the Peak District National Park.

- 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?

If you want to come along or want to know more about the weekend please get in touch with me!

We have space for over 100 young people this year and are trying out a new venue. The weekend is a fantastic opportunity to meet other people your age who are going through similar things to you. It is a chance to take part in cool activities, access peer support and most of all have fun! The feedback every year is great and I would urge all of you to come along and experience it whilst you can!