



Contact details:

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If you would like to write a piece or if you have read an article which you think might be interesting for others to read next month please don't hesitate to contact me!



We are in the process of planning a cooking event!

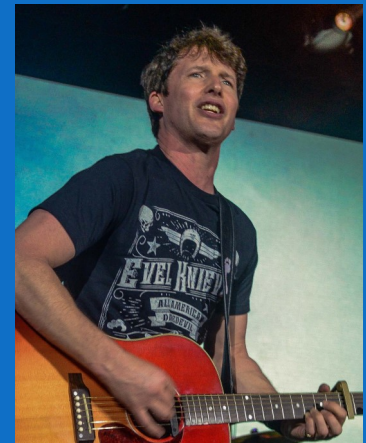
I want to hear from you about what some of your favourite foods are to see if we can make kidney friendly versions of popular dishes!



Keep an eye out for more information.

In the news...

James Blunt (You're Beautiful singer) Dad has recently received a kidney transplant and James has since said "My Dad is doing well...it's an amazing process."



The law is changing...

From Spring 2020 the UK will introduce an 'Opt Out Law' which means that all adults will be considered an organ donor when they die unless they specifically opt out of being one.

We hope that this will increase the volume of kidney donations across the UK!



Kind Independent Daring Nice Empowered Young Adults

Nandos Social

In November the SGKPA funded our social to Nandos! All were invited to attend an evening of socialising and food. The event took place at Nandos in Balham and a total of 10 people attended.

Many younger kidney patients report feeling as though they are the only ones their age so events like this provide an opportunity to meet people of a similar age who are also going through or have gone through similar situations to you.



The group feedback was really positive and everyone said they had a good time. We all enjoyed the delicious food and it was great to hear everyone chatting about life in general as well as their renal experiences!

Some young adults said:

"I really enjoyed it as I got to meet a lot more people. I'm usually always the quiet one but everyone got talking and met people from way before."

"Nice to meet young people. Nice to hear different experiences."



A Massive thank you to the SGKPA for funding this social event and making it possible for us all to get together for this very worthwhile event.