



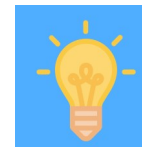
If you would like to contact me I am based in the renal department at St George's hospital.

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have read an article which you think might be interesting for others to read next month please don't hesitate to contact me!



Nasro's Story

It is with great sadness that we announce that one of our much loved young adults Nasro passed away on the 17th April after battling covid-19.

Those that knew Nasro will likely remember her for her outgoing, funny and bubbly personality. She was always up for a giggle and loved all things that sparkled and K Pop. She had recently graduated from college and had been thinking of her next steps towards her career. She would often tell stories of her latest outings and plans for future holidays. Nasro was the life and soul of social events and brought so much joy to those who knew her.

Nasro will be greatly missed by her loving and supportive family and all of those who knew her. Our thoughts are with them during this time.

Though you are no longer physically with us your light will never stop shining.



VICES you may like to contact:

- Call Young Adult Worker (Jeunita on 07825 1118459 Mon-Fri 9AM-5PM) for a safe space where you can raise and discuss any themes which might arise from covid-19 or bereavement.
- Young Minds Crisis Centre has a texting support service which are open 24/7. Text "YM" to 85258. They also have a specific covid-19 section on their website (copy and paste the link below)

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

- Hope Again specialise in helping young adults process bereavement. You can email them through their website (copy and paste the link below) or you can call them on 0808 808 1677.

<https://www.hopeagain.org.uk/>

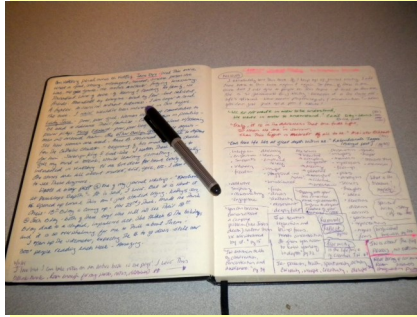
"Hope" is the thing with feathers

BY EMILY DICKINSON

**"Hope" is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops—at all**

**And sweetest—in the Gale—is heard
And sore must be the storm
That could abash the little Bird
That kept so many warm**

tients. I am based in London however after the news about the virus my parents drove me back to Suffolk where my family live.



My first goal was to focus on my thoughts, goals and aspirations which in day to day life I had brushed away. I have found writing a diary a comfort and a friend. I write anything I find inspiring or activities to do. Tasks give the day structure and a feeling of achievement. Whether you managed to get out of bed that day or you helped with a household chore - both are an achievement.

Secondly I wanted to lose weight and get more active. Since my kidney transplant in August 2018 I have been fearful of exercise due to my kidney graft. My parents are fit and healthy - my Dad was my donor. I am lucky to have a garden but if you don't, there are still things you can do indoors to keep active - including the dreaded press ups! Check with your doctor before engaging in physical activity. I have found fun ways of working out indoors which involve furniture and rubber bands. Youtube has been a great!

There are jobs that I have contributed with that I wouldn't have imagined myself doing! Such as, cleaning out a garden pond - which resulted in me shrieking when a frog landed on my leg! I have always had a love for cooking. My Mum and I cooked a fantastic Putanesca! (check with your doctor that this recipe is suitable). Cooking is a great skill and an enjoyable activity that can involve the entire family!

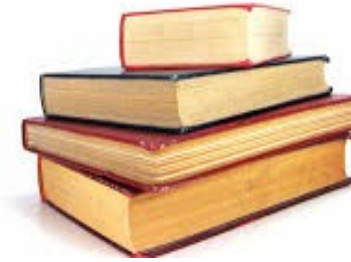


Pick up a book and lose yourself in a story. Lockdown has allowed me to escape reality and become absorbed in stories & characters. There are loads of wonderful films to watch on Netflix. Perhaps lose yourself in an interesting series? You can find many online too.

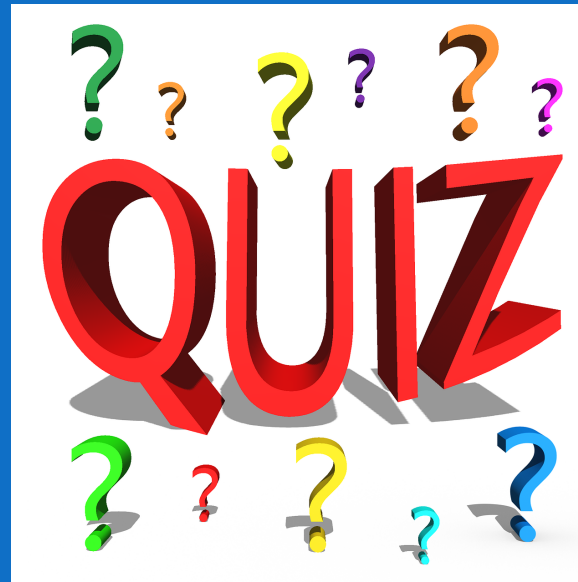
It's important to relax and to have some 'me time.' Pampering is good for you mentally and physically. Run a bubble bath or try a new hairstyle - whatever it is that'll make you feel better about yourself. For me it's been important to not wear pjs and tracksuits everyday!

Lockdown has been difficult as I am a freelance qualified makeup artist. However, I have set myself a daily task to create a 'look' to post on social media. This has sparked my creative side and inspired me as an artist! Instagram and Pinterest are brilliant for inspiration.

- Normal People by Sally Rooney
- American Dirt by Jeanine Cummings
- The Passage by Justin Cronin



What have you been reading during lockdown? Let me know if you have any suggestions!



Would you be interested in taking part in a virtual quiz?

Do you have any suggestions for topics for each