

Contact Details

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

Telephone:

0208 725 1919

Email:

marielouise.turner@stgeorges.nhs.uk



facebook



The Facebook group is up and running... Please send a request and I will accept you.

Type **thesquiggly**society (all one word) into Facebook and search under groups. You will see the group Rya Corner. That is us!

Hello all! As mentioned in my previous email I will not be at work between the 28th October and the 28th November. If you have any concerns or would like to speak to anyone in the young adult team please speak with your consultant or Dr Popoola.

If you would like to send in an article for future newsletters or have anything else you'd like to share or tell me about please do as normal and I will respond when I return.

If you would like to book a place on our Christmas bowling social (which I hope you will!) then please email Dr Joyce Popoola at Joyce.Popoola@stgeorges.nhs.uk

NEW SURVEY

Hi there!

We're Emily and Sam two second year medical students at St George's working with Marie Louise and Dr Popoola. Together we're running a project looking at how well people take their medication. Soon you'll be hearing from us about our survey, we'd really appreciate it if you could answer it. Our aim is to help you find your treatment easier to follow and make every day life more comfortable.



For more info contact

Marie Louise:
marielouise.turner@stgeorges.nhs.uk
Dr Popoola:
joyce.popoola@stgeorges.nhs.uk



Social Event

If you are interested in coming to the Christmas event please get in touch! I'm happy to answer any questions or to ease any worries. We do have a limited number of spaces (30) so the sooner you book your place the better!

It can be worrying going to one of these social events for the first time, which is totally understandable! But everyone feels the same so please don't let that stop you. I am happy to meet you beforehand at a convenient station or meeting place and we can travel to the bowling together.

It was great fun last year and I hope lots of you will come this year!

Young Adult Christmas Event

3rd December from 1.45pm.

Bowling, followed by food!

The British kidney patient association have agreed to fund a Christmas event again! However, this year we are going to ask for a **£5 donation** from you guys. This is to secure your place and also so we can build up some money to put towards another event!

If you are unable to afford the £5 donation but would like to come to the event please get in touch.

What?

This is a joint event for young adult kidney patients at Hospitals in London. (Funded by the BKPA)

Lets get everyone together and celebrate Christmas!

Where?

Bloomsbury Bowling
Bedford way, in the basement of Travistock hotel, WC1H 9EU
Nearest station?
Russell Square or Euston.



To book your place please contact Marie-Louise Turner, your young adult worker, on: marielouise.turner@stgeorges.nhs.uk or 0208 725 1919

The Ravenstor Activity Weekend

The Ravenstor weekend was a huge success. This year over 50 young people from renal units all around the UK came to the Peak District for the BKPA activity weekend.

We had lots of new activities this year including a physically tougher day with rock scrambling, abseiling and orienteering.



But we also had the usual activities for those that wanted something that was still fun and active but slightly less physically challenging. This included rock climbing, canoeing and bush craft.

Afterwards we all gathered around the campfire to relax after a busy day. Before moving inside for an evening of socialising.



The Sunday was full of chilling and more activities, but there were also a selection of workshops run by various people talking about different aspects of kidney disease and giving information about current research focused on young kidney patients.

It was a great weekend and we are excited for next year already! I really hope we'll get more of you from St Georges there next time!

Gemma talks about the Ravenstor Activity Weekend



Ravenstor was brilliant, it was great to meet other people around the same age as me who have kidney problems. I think one of the best things about it was that everyone understood if you couldn't do something because you got tired or didn't want to damage a fistula. No one looked at you funny if it took you ages to walk up a hill or a flight of stairs.

Everyone had a good old moan about dialysis and drink restrictions too lol. It was nice to be surrounded by people in the same boat who didn't let it get in the way of getting on with their lives or let it hold them back, and the talks that people gave were really helpful and encouraging.

Although we all had kidney problems the weekend wasn't about that at all. It was about having fun, making new friends and having a break!

