

## 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**



Check out the article about the Kidney festival 'IGNITE' held at the Royal Opera House, which was kindly written for this newsletter! And also the news article about transplants and sport, which was sent in. If you would like to write a piece to feature next month, or if you read something in the news that you think would make a good feature then please get in touch! =)

# facebook



I've heard that lots of you would like a Facebook group.. However, I haven't had many people suggest a name or volunteer to help out the editorial team.. I've been wondering why this is?

I have 3 volunteers so far, which is fab! If anyone else would like to help keep content going on to the page then please let me know.

One name suggestion we've had was..

**THE SQUIGGLY SOCIETY**

What does everyone think to that? Any other suggestions?!

## It's time to start thinking about a Christmas event!

This year the plan is to do a joint Christmas do with Guys Hospital and the Royal free! I want you all to be involved in planning the event so it would be great if you emailed in any suggestions you have! Some ideas we've had so far are bowling, ice skating, a meal, the London eye or a Christmas pantomime.. What do you think?

Also what day is best .. A weekday evening or a weekend?

Let me know your thoughts.

## BKPA YOUNG ADULT **ACTIVITY WEEKEND**

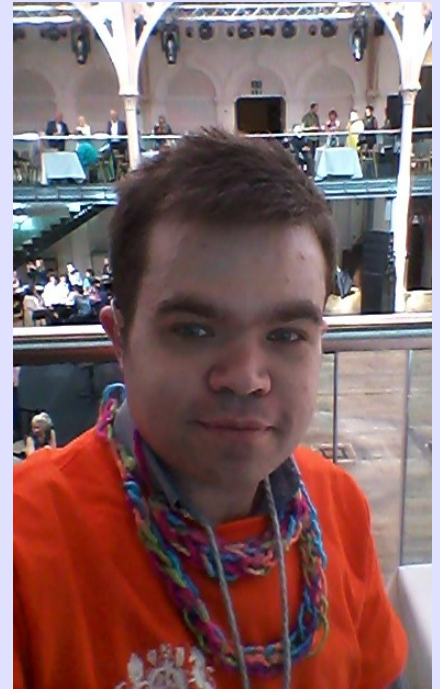
The 2015 Ravenstor residential weekend was a huge success! The peak district was as beautiful as I had been told and luckily the weather held out so we were able to enjoy all the activities on offer. Lots of fun and laughter was had by all and I think its safe to say everyone's thinking about next year already!



I know some of you are looking forward to seeing the pictures and reading about the weekend in the newsletter so in case you're wondering where the articles are I have decided to wait until next month so I can do a detailed spread and anyone who wants to has time to write pieces / send in photos.

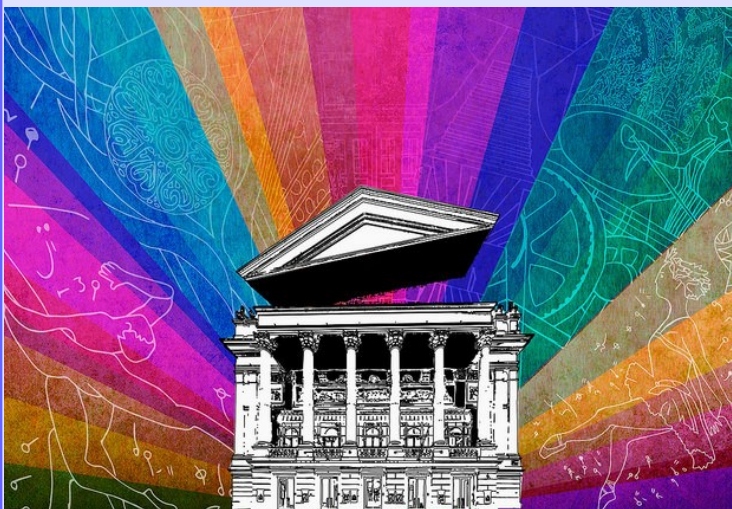
## 'OPERA-TUNITY KNITS'

The weekends are usually the time for sleeping, shopping and possibly more sleeping. My weekend was spent in a slightly different way. This weekend (5th & 6th Sept) was spent at the Royal Opera House, Covent Garden, teaching people to finger knit! Finger knit I hear you say! Yes, that is correct. When I started on dialysis back in 2009 I decided I wanted to find something to keep me busy for the long periods of time I was going to spending on the machine. I cannot recall the defining moment but somehow the compass lead me to knitting. I learned to knit then crochet and soon after I founded a knitting group which now after 5 years is still growing and well attended and even merging into two groups. Via this I have been involved in various other projects with the community. It was via the crafting network that I came to be spending my weekend finger knitting at the Royal Opera House (ROH).



The activity was part of a festival called 'IGNITE' the ROH was holding over the month. Hosting a vibrant mix of singers, musicians, dancers, costume and prop makers, street performers and everything in between! Both outside in the Covent Garden Piazza and inside the iconic Royal Opera House I managed to catch a glimpse of some of the activities taking place. One of the most striking was a female dancer with orange traffic cones on her feet. How I wish I'd caught that act! But I was being escorted to a quick lunch of chicken and mushroom pie in the staff canteen after a frantic morning! How wrong I was when I imagined a weekend spent quietly in a corner of the ROH peacefully showing a few interested groups to finger knit. The reality was an endless stream of parents and children, tourists groups and individuals all crowding around a table, balls of wool scattered all around the room, people in corner groups on bean bags and everybody busy finger knitting.

People were able to create bracelets, headbands and necklaces. Everyone was able to go away with a sense of achievement, a new skill and a trendy accessory. The knitting continued into the night for some as the space was turned into a club and luminous wool was brought out that glowed in the dark to really make a statement. (I was safe in bed by then).



It was an entirely unique experience and crazy colourful eventful way to spend my weekend. I met lots of enthusiastic volunteers, friendly families and The Banksy of the Knitting world, Lorna Hamilton Brown (MBE) who was running the finger knitting fandango!

I have been asked to attend next year. My question now is how do I want to spend that weekend? A finger Knitting frenzy or a super sloth Saturday? I now have a whole year to decide.

**Written by Stuart Wynn (Kidney transplant 2013)**

### Days Before Kidney Transplant, Aries Merritt Wins Bronze in Hurdles

AUG. 28, 2015—The New York Times

BEIJING — There are the hurdles on the track, all of which Aries Merritt cleared on Friday night on his way to a bronze medal at the world track and field championships. But there are also the hurdles that life puts in your path, and Merritt will have to clear a high one on Tuesday, when he is scheduled to have a kidney transplant in the United States.

His older sister is the donor, and though other athletes, like basketball stars Sean Elliott and Alonzo Mourning, have returned from such procedures to resume their professional careers, there are no guarantees that Merritt will be back competing at an elite level again. “I’ve been operating for months now at under 20 % kidney function, so just to make the final was a blessing.” “To be able to go out and execute and just be as mentally strong as I’ve been in these championships, I feel like my bronze medal is a gold medal.”



Those in the know found it hard to keep their eyes off Merritt, the reigning Olympic champion, who has been unable to break 13 seconds in the 110 hurdles since his phenomenal 2012 season. His time of 13.04 on Friday - his best this season - was surely one of the most impressive of his career in light of the circumstances. Merritt’s condition became severe in 2013. After he finished sixth in the world championships in Moscow he was hospitalized for an extended period as doctors attempted to determine why he was struggling to recover from races and was so low on energy. Merritt said he had a collapsing variant of focal segmental glomerulosclerosis, which also affected Mourning. “A very rare kidney disorder predominantly found in African-Americans, and I’ve just been having to alter a lot of my training and diet.” “I’m not able to process potassium, so no orange juice, no bananas.” “It’s just been a complete lifestyle change. As you can tell, I’m pretty thin. I’m not as toned or as bulky as I was before. I’m about six pounds under my world-record weight. It’s just been a struggle.”

Doctors encourage kidney transplant patients to resume active lives quickly. The challenge for Merritt, who turned 30 in July, will be to re-join the world’s best. “It’s definitely going to be very challenging, definitely more challenging than the Olympic final,” Merritt said. Merritt said that he still had the Rio Olympics in his sights. “I’m very optimistic about my surgery,” he said.

The end of the night, the only American hurdles medal belonged to Merritt — something that may give him pride as well as comfort as he flies back to the United States on Saturday. “It’s been very tough for me these last couple years,” he said. “But still, to be here at these championships, it shows I’m mentally tough and that I have the heart of a champion.”



*Thanks to the person who sent this inspirational news article in!  
To read the full article follow the link below:*

[http://  
www.nytimes.com/2015/08/29/  
sports/days-before-kidney-transplant-  
aries-merritt-wins-bronze-in-  
hurdles.html?\\_r=0](http://www.nytimes.com/2015/08/29/sports/days-before-kidney-transplant-aries-merritt-wins-bronze-in-hurdles.html?_r=0)