

What's the latest

Hi all I just wanted to take this opportunity to introduce myself. My name is **Azi** and I am the Newly appointed Young Adult Worker taken over from Marie –Louis. I am based at St George's hospital. Please do say hi when you see me.



facebook



Instagram



I've heard that lots of you would like a FACEBOOK or INSTAGRAM group? However can you suggest some names for the group or volunteer to help out the editorial team which would be great! If anyone else would like to help keep content going on to the page then please let me know.

MY CONTACT DETAILS

Tel: 0208 725 1919

Mobile: 0782 511 8459

Email: azi.azonga@stgeorges.nhs.uk

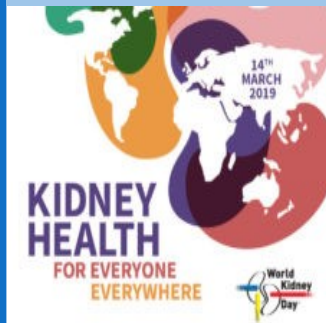
WHAT ARE YOU GIVING UP FOR



Lent marks the period leading up to Easter Sunday and is a time when people are likely to give up something, like eating chocolate. Do you plan to give up anything for Lent?



What do you have planned for Mother's Day?



Thursday 14th March was World Kidney Day. The theme was to raise awareness for everyone and everywhere.



How many pancakes did you make?

Kind **I**ndependent **D**aring **N**ice **E**mpowered **Y**oung Adults

In the news...



Tina Turner has revealed that her husband saved her life by donating one of his kidneys. The US singer spoke about periods of ill health, including when she suffered with kidney disease. In her autobiography, serialised in the Daily Mail, the 78-year-old said that her kidneys were functioning at just 20% and "plunging rapidly" by December 2016.

Her husband, Erwin Bach, who she married in 2013 after a long-term relationship, then opted to donate one of his organs."

She wrote: "Erwin shocked me by saying that he wanted to give me one of his kidneys.

"I could hardly believe it then, and there are times when I still can't believe it. I was overwhelmed by the enormity of his offer.

"When he thought about his future, he thought of me. 'My future is our future,' he told me."

Afterwards, she said she felt "happy, overwhelmed and relieved that we'd come through this alive".

Turner, who previously had an abusive marriage to Ike Turner, ends her autobiography - Tina Turner: My Love Story - with a plea for people to sign up to donate their own organs. (ITV REPORT ONLINE)



UP COMING ACTIVITIES...

**TRANSPLANT
SPORT**
Actively promoting organ donation...

Transplant Sport actively promotes organ donation. Its events increase the numbers of registered donors. They support **National Transplant Week** and encourage all who wish to be a donor to let their families and loved ones know. They have so many amazing upcoming activities within and outside the U.K that you can register for immediately. Here is the link to the website: <http://www.transplantsport.org.uk/>

Climbing Out!
Throwing a rope to children and young people with troubles

Climbing Out, raise funds for young people who will really benefit from the opportunity of taking part in activities. They provide and coordinate the activities throughout the 5 days. These activities' are based at their fully inclusive centre in the Peak District; a stunning setting with first class facilities, accommodation, catering and highly qualified and experienced staff. For more details please contact Kelda on : keldawood@climbingout.org.uk or Mobile: 07977 574785. You can see more about **Climbing Out** at <http://climbingout.org.uk/> and on Facebook at <https://www.facebook.com/helpclimbingout/>



RENAL YOUNG ADULT WEEKEND

Supported by
The Professor Robin Eady MBE Fellowship

Mount Cook Activity Centre
Derbyshire
13th - 16th September 2019



**AN OPPORTUNITY NOT TO BE
MISSED WEEKEND WITH ALL
EXPENSES PAID.**

**FOR YOUNG ADULT
KIDNEY PATIENTS ONLY
AGED 18 TO 30 YEARS OLD.**

Who do I contact if I have any questions?

If you have any more questions or would like any extra information then please contact either your young adult key worker at your local unit or myself.

Name: Azi Azonga

Young Adult Worker

E-mail: azi.azonga@nhs.net

Phone: 07825 118459