

July—August 2018

St George's University Hospitals **NHS**  
NHS Foundation Trust

**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  
07825 118 459

Email:  
marielouise.turner@  
stgeorges.nhs.uk



If you would like to write a piece to feature next month please don't hesitate to contact me! =)

**On the 21st August there will be a grand opening of the art exhibition: 'A Journey in Colour' Everyone is welcome!**

# A Journey to Colour

## Art by Renal Patients



Come and see art work by fellow renal patients on display on 21st August as at 5.30 pm at St George's Hospital in the Ingredients Cafe 1st floor Lanesborough wing.

It will be a great event and I'm sure a good turn out will mean a lot to the team and artists who have put the exhibition together.

If you cant make the opening then pop up between 22nd August and 16th September to take a look at some of the fantastic art work!



**22nd August - 16th September 2018**

Opening on Tuesday 21 August at 5.30pm.

Ingredients Restaurant, first floor, Lanesborough Wing

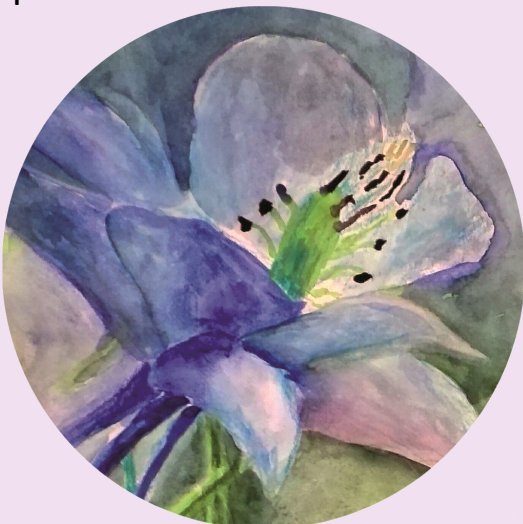
*Arts St George's is funded by St George's Hospital Charity*

## What's happening in the hospital..

The Arts team at St George's received a grant from the National Lottery to use towards improving patient experience in the hospital.

Some of that money has gone towards providing activities for patients on dialysis and one of the most popular of them was the Art sessions!

We have seen what a huge difference it can make to people when they have something to look forward to on dialysis. Not only does it help pass the time but it also provides the opportunity to learn a new skill, chat to someone new and of course produce something to be proud of.



## A Journey to Colour *Art by Renal Patients*

**22nd August - 16th September 2018**

### Art on Renal Replacement Therapy

*Life is not sustainable with kidney failure, fortunately through science and development renal function can be supported by dialysis or a transplant.*

*These therapies clearly have their limitations... those presenting their work in this exhibition chose not to be limited by their renal conditions.*

Arts St George's is funded  
by St George's Hospital Charity



So that we can appreciate some of the amazing work people have produced whilst on dialysis, the renal department have worked with the arts team to put on an exhibition. This will be a proud moment for many of the artists who are exhibiting their work and so make sure you check it out when you're around the hospital. Or let us know if you have any work you want to display!





# Events for young adults



Young adult activity weekend

Mount Cook Adventure Centre

**5th to 8th October 2018**

If you're **18-30** and have had a kidney transplant or have a chronic kidney condition or are on dialysis you can come and enjoy an action packed **FREE** weekend at **Mount Cook Adventure Centre**. The centre provides a range of outdoor activities, based on the outskirts of the Peak District National Park.

- Meet other young adults from across the UK.
- Enjoy the wide range of activities that are on offer, including walking, arts and crafts, orienteering, rock climbing, bush craft, team challenges, karaoke, music, interesting workshops and lots of fun socialising.
- Weekend suitable for young adults with disabilities.\*
- Staffed by experienced kidney nurses and youth workers.



**"Awesome weekend away, met some great people and now have some epic memories. Can't wait for the next one."**



This weekend is a fantastic opportunity and I would really recommend it to all renal patients under 30 or anyone who is new to the renal world!

I know it can be nerve wracking coming to something new where maybe you don't know anyone, but I can assure you everyone there will be super friendly and there are lots of lovely volunteers there to help.

If you are interested in coming we currently don't have any spaces left but we do have a waiting list and it's very likely that people will drop out so please email me on [marie-louise.turner@nhs.net](mailto:marie-louise.turner@nhs.net) or email [info@kidneycareuk.org](mailto:info@kidneycareuk.org) for more information.