

March 2016

Young Adult Worker Contact details:

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

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Our facebook group is finally underway and I should have an update very soon! If you would like to design a profile picture get in touch! And if you would like to contribute to next months newsletter please don't hesitate to contact me! =)



HELP US TO RAISE MONEY TO ADD TWO NEW HAEMODIALYSIS MACHINES FOR ST.GEORGES.

THE KINGSTON 'ROSE THEATRE' KNITTING GROUP IS HAVING A



THURSDAY 10TH MARCH

10:00 - 3:00PM

Grosvenor Wing reception

CHILDRENS CLOTHES, BLANKETS, HATS, SCARFS, GLOVES AND MORE!

ALL STYLES! ALL PRICES! ALL FOR CHARITY!

TWO NEW MACHINES COULD TRANSFORM THE WAY THE SERVICE IS DELIVERED FOR UP TO 330 PATIENTS.

St George's University Hospitals 
NHS Foundation Trust

**10th
March
2016**



World Kidney Day
is a joint initiative of:



On the 10th March it is World Kidney Day! The theme this year is: Kidney Disease & Children.

Act Early to Prevent It!

Along with many other hospitals and kidney charities, we will be getting behind the campaign and organising an event to draw public attention to the importance of kidney health.

We will have a stall down in the hospital main entrance (Grosvenor Wing) but if you have any other ideas please get in touch!

I will be down there helping out and I have been asked to recruit some young adult renal patients who might like to come along and help out or talk to members of the public.

If you'd be interested in coming along and helping out then please get in touch!

One of our fellow young adults is setting up a stall on the day to raise money for the New Kit Appeal, which provides much needed hospital equipment.

Please come along and check it out, your support really could make a difference!

Opportunity to be Involved in Research! We are now involved in the multi centred SPEAK study, looking at the outcomes and patient experience of young adults with kidney failure. If you might be interested in taking part in research of this sort please let me know! I will provide further information.



28th—31st July 2016

Liverpool

TRANSPLANT

Actively Promoting Organ
Donation...

SPORT ↑

The British Transplant Games has been in existence for over 30 years and is open to anyone who has had a transplant or who is on dialysis.

The Games aim to demonstrate the benefits of transplantation whilst increasing public awareness of the need for more people to join the NHS Organ Donation Register.

This year I would like to put together a team of Young Adults from St Georges' to go along to the transplant games in Liverpool.— Registration is now open!

The games aren't just about sports and competitions, there are also social event and a Gala so it is a fantastic opportunity to meet lots of different people who have had a transplant. I've heard great things from those who have been to previous years and hope lots of you will come along this year!

Below are a list of games you can compete in ..

- | | | |
|-----------------------|--------------------------|----------------------------|
| ⇒ Snooker | ⇒ Ten Pin Bowling | ⇒ Walk |
| ⇒ Basketball | ⇒ Darts | ⇒ Mini Marathon |
| ⇒ Archery | ⇒ Fishing | ⇒ Crown Green Bowls |
| ⇒ Soft Cricket | ⇒ Tennis | ⇒ 5 a side football |
| ⇒ Squash | ⇒ Badminton | ⇒ Table Tennis |
| | ⇒ Golf | ⇒ Volleyball |
| | ⇒ Cycling | ⇒ Swimming |
| | ⇒ Short Tennis | ⇒ Track and Field |

Of course we will also need supporters! And the more the merrier! Let me know if you would like to sign up to compete in any of these games.. or if you would like to come along as a supporter! If you send me an email or give me a call we can have a chat about the games in a bit more detail.

Check out the website: <http://www.britishtransplantgames.co.uk/>

In The News : one of the UKs first transplant recipients meets donors family.

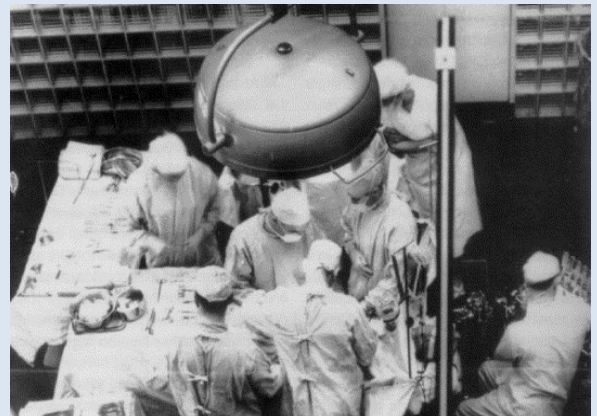


A kidney patient has met her donor's family for the first time 46 years after her transplant. Apprentice baker Ellis Hook, 18, was tragically killed when his motorbike collided with a car in 1968 and his mother made the brave decision to donate his organs - a rare procedure at the time.

Anne Whiteman, now 72, was aged just 25 and suffering from renal failure when she accepted the organ. She was one of the first people in the UK to have the transplant and was warned the new organ would only last a decade, but 47 years later she is still going strong with the same kidney. "I never imagined my kidney would last all these years, but I've got a daughter and two wonderful grandchildren, who I've seen grow up."

Anne first began to experience kidney problems in her late teens when she felt tired and lacking in energy. She married in 1963 and was finally diagnosed with renal failure three years after the birth of her daughter. Doctors removed both her kidneys which had shrunk to the size of walnuts and she was placed on dialysis three times a week for up to 14 hours at a time.

Reflecting on her story Anne said "I hated being hooked up to a machine - it wasn't like kidney dialysis machines you see now, this was the size of a washing machine and made a great noise. When I came off the machine I'd feel ok for a couple of hours but then I'd feel awful again until I went back on the machine." While she was on dialysis, renal surgeon Humphrey White had been drafted into Bristol from Addenbrooke's Hospital in Cambridge to start a transplant programme. Anne became the first patient on his list after two other patients turned down the offer of the pioneering surgery.



She said: "About nine months after I'd started dialysis an 18-year-old boy died in a motorbike accident and his kidney happened to be a perfect match. Mr White asked me if I wanted to be the first person to undergo a kidney transplant and to my husbands shock I said yes." The four-hour operation took place at Southmead Hospital in Bristol on 31 October 1968 and was a complete success. "After the transplant, I had so much energy and felt absolutely wonderful. All the tiredness had gone and I was able to enjoy life with Arthur and our daughter."



Nearly half a century later the grandmother-of-two is still going strong. She was tracked down by Ellis's siblings Frances and Clive Hook and they met up for an emotional conversation about the impact the transplant had on her life. Clive, 61, said: "It is amazing we found Anne and amazing we could meet her. It was emotional when we found out she was still alive and the kidney was still working. We are delighted that something good came of Ellis's death."

Within a week of the op she started to feel better but never knew the identity of her donor until she met his family at the weekend. Frances said: "Knowing his kidney gave someone else a new life made the tragedy easier to bear. It is a shame our parents could not have met Anne, it would have done them so much good." "Tissue matching processes were not as advanced in those days as they are now, but Anne decided to go for it." The organ allowed Anne to marry and watch her daughter and two grandchildren grow up.