**NHS Foundation Trust** 

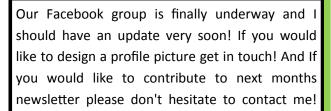
If you would like to contact me I am based in the renal department at St George's hospital.

Telephone:

0208 725 1919

Fmail:

marielouise.turner@ stgeorges.nhs.uk





## facebook.



book group! Let me know if you might be interested!

#### Opportunity to be Involved in Research!

We are now involved in the multi centred **SPEAK study**, looking at outcomes and patient experience for young adults with kidney failure. If you'd like to take part in this important piece of research please let me know! It's all done online and the results could really make a difference to young adult renal patients. Drop me an email and I will provide further information.

### **BKPA** young adult

# **ACTIVITY WEEKEND**

#### **RAVENSTOR** 2016

#### 16TH · 17TH · 18TH SEPTEMBER

If you're 18–30 and have a Chronic Kidney Disease, had a transplant or are on dialysis, you can come and enjoy an action packed free weekend at Ravenstor Youth Hostel, an impressive country house in the heart of the Peak District.

- Meet other young adults from across the UK.
- Enjoy a wide range of activities including archery, canoeing, walking, cycling and lots of fun socialising.





#### How do I book my place?

To book or for more information email the British Kidney Patient Association at info@britishkidney-pa.co.uk, write on the young@NKF Facebook page or contact the Young Adult Worker at your unit:

Marie-Louise Turner 0208 725 1919 / MarieLouise .Turner@stgeorges.nhs.uk

The weekend may not be suitable for people with mobility issues. If you have any concerns please check with the Young Adult Worker at your unit.



# BKPA YOUNG ADULT ACTIVITY WEEKEND

#### 16th, 17th & 18th September!

#### FREE—food and travel included

Come and enjoy an action packed FREE weekend at the Ravenstor Youth Hostel an impressive country house in the heart of the peak district.

A fantastic opportunity to meet other young adults from across the UK and enjoy a wide range of activities including archery, canoeing, walking, cycling and lots of fun socialising.

If you would like to come or would like anymore information let me know!

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

" Had an awesome weekend with amazing Young Adults from all over the UK. Haven't laughed so hard in so long #BringonSept2016"



# 28th—31st July 2016 Liverpool

# Actively Promoting Organ Donation Donation

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 ..

_		_				
$\rightarrow$ Snoo	oker	$\rightarrow$	Ten Pin	Rowling	$\rightarrow$	Walk

 $\Rightarrow$  Basketball  $\Rightarrow$  Darts  $\Rightarrow$  Mini Marathon

⇒ Archery ⇒ Fishing ⇒ Crown Green Bowls

 $\Rightarrow$  Soft Cricket  $\Rightarrow$  Tennis  $\Rightarrow$  5 a side football

 $\Rightarrow$  Squash  $\Rightarrow$  Badminton  $\Rightarrow$  Table Tennis

 $\Rightarrow$  Golf  $\Rightarrow$  Volleyball

 $\Rightarrow$  Cycling  $\Rightarrow$  Swimming

 $\Rightarrow$  Short Tennis  $\Rightarrow$  Track and Field

Of course <u>we will also need supporters!</u> 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/