

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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facebook



We're almost ready to go live! But we're still looking for volunteers to provide content for our Facebook group!

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

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.

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



Ravenstor Weekend

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.

The Ravenstor activity weekend **is now full!** This year we have higher numbers than any other year which is really positive as it means word of it's success is spreading!

I hope that those of you who have decided not to come along this year will join us next time as it is a fantastic experience and a really fun weekend!



WINTER, SPRING,
SUMMER OR
AUTUMN...

DON'T FORGET
TO USE YOUR
SUNSCREEN
SPF 50
EVERYDAY



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My sky dive for St Georges KPA, by Mel



I'm Mel and I was diagnosed with Stage 4 CKD in Feb 2015. The Buckland Ward staff were so kind to me, and treated me with such care that I really wanted to give something back. As you know, the entire ward is based in a temporary structure and money is urgently needed to fund everything from beds to dialysis machines. A work colleague mentioned to me that she wanted to overcome her fear of heights (and falling) so I thought what better way to raise some much needed money for SGKPA (St Georges Kidney Patient Association) than to throw myself out of a plane; strapped to a parachute!

When booking a skydive, no one tells you that if there is any fog, mist, or a hint of rain or wind then you won't be able to jump. We drove down to Headcorn Aerodrome in Kent on the 3rd June and went through the training and safety briefing, but the flight was cancelled due to weather! On the second attempt we drove down to Kent again on the 17th June, our flight got cancelled just before we hit the runway! They say third time lucky; so we drove down again on the 22nd July and finally had some luck, it was 25 degrees the sun was shining and there wasn't a cloud in the sky.

The view was amazing; visibility was so good we could see the French coastline! I was given the opportunity to steer the parachute after 30 seconds of free-fall. Also managed to get a few spins in before the instructor took over to prepare us for landing. It was an amazing experience and it definitely gave me a different perspective on things.

Overall I raised £930 for SGKPA through a Just Giving page and some cash donations. I'd recommend to any patients or relatives to do some fund raising for the SGKPA, they do such good work and really deserve our help. Anything from sponsored face painting, a cake sale, a walk or bike ride to the extremes of jumping out of a plane at 12,000 feet. You could do anything, and raise any amount. I know it would be gratefully received and put to good use.



*A massive well-done and thank you to Mel for her amazing work raising **£930** for St Georges Kidney Patient Association*

and also a huge thank you to Mary who as also been fundraising!

Mary had her transplant almost 5 years ago and raised over **£600** for Kidney Research UK on the 7 bridges charity walk. (Picture below)

Good work girls! Both fantastic causes and a show of real dedication and will power, bet you both needed a lie down after that!

If anyone else would like to get involved in fundraising let me know and we could set up a group fundraiser! Or if you have done/ are doing any fundraising yourself and would like to feature in the newsletter please send me an email or give me a ring!



kidney_research_uk