

**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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The young adult social event was a huge success! Very pleasing turn out and a great time was had by all! Check out the pictures on the next page! If you would like to contribute to next months newsletter please don't hesitate to contact me! =)

facebook



The name has been decided! And will be... (drum roll)

adRENALin
The Squiggly Society

I will get to work setting this up! But like I've mentioned before in order for us to have a Facebook group we need to be able to ensure that there is content going on to the page.

In order to do this I would like to have some kind of editorial team and am still looking for volunteers! If you are interested please let me know!!



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.

One of our fellow young adults is setting up a stall to raise money for the New Kit Appeal!



The New Kit Appeal aims to raise money to provide new and much needed equipment across the whole hospital. New dialysis machines could transform the way the service here is delivered! If anyone has any knitted goods they might like to donate to be sold on the stall then please get in touch! This could include soft toys or sewn items.

It is a for a very worthy cause and your support really can make a difference.

Opportunity to be Involved in Research!

We are hoping to carry out some research 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 at a later date.

Written By You..

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“..The Bowling Social was an amazing event. I really liked the idea of mixing the groups on the second round. It was nice that we got to break away from our usual social groups. I was able to meet new people and catch up with others since Ravenstor.

I liked the fact that we also had time to go in the arcade and get to do our own thing. I would recommend it to any young adult. It was a nice way to get to know new people and hear lots of different journeys. Thanks for an awesome time!..”



In The News

Sarah Hyland, best known as playing the ever upbeat Hayley Dunphy in the US TV show *Modern Family*, has revealed the health battles she went through as a child. The 24-year-old shared: 'I was born with so many health issues that doctors told my mother I would never have a normal life. And she said, "You're right, she won't – but it won't be because of her health." And Sarah's mum Melissa Canaday was right.



'When my mother told me that story, it resonated with me: If I can't have an ordinary life, I might as well have an extraordinary one,' she said. 'If you set your mind to something, you'll achieve it.'

Among the illnesses she was diagnosed with as a child was kidney dysplasia, a condition that occurs in babies while they're still growing in the womb, which eventually causes the kidney to malfunction, rendering it unable to function. After battling kidney dysplasia her whole life she received a kidney from her father, actor Edward Hyland, in 2012.

She said "you know that family is always going to be there for you –no matter what. My dad gave me a freakin' kidney! But its also the families that you create outside of you own family", she went on to add "you really find out what kind of people you're friends with. It was just amazing, it really opened my eyes to see who's there for me and who's not."

Hyland also revealed that she often struggled to cope with the pain she was in while filming scenes for *Modern Family*. She said: 'But you know, if you're sick, you still go to work.. And in between takes, you sit down, or you lay your head down or something.' 'I am happiest when I am doing something I love. And I love *Modern Family* – it's the best job I've had in my 20 years as an actress. It didn't come easily or fast or free: It took me 14 years to land a gig like this.'

As for reaching her goals, she told *Seventeen*: 'When you're feeling vulnerable, it can lead to doubt and second-guessing. It will steer you away from your goals and your happiness.' 'Once you have a goal, keep moving forward – even if you're taking baby steps.'

Hyland is now hoping to help other young people cope with kidney disease and getting through transplants, and has teamed up with the Lopez Foundation to promote organ and kidney donation awareness.



Asked if she had any advice for people suffering from kidney diseases, Hyland replied: 'Know that you're not alone.' 'Even though it may seem like it a lot of the time.

And that if you ask, "Why me?" Well, why not you? You know? It makes you the person that you are today.'

As for what she's thankful for, Hyland says, "I have a second chance at life – not a lot of people get that."