



**April 2020**

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

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If you would like to write a piece or if you have read an article which you think might be interesting for others to read next month please don't hesitate to contact me!



## Coronavirus Survivors!

Prince Charles had mild symptoms of the virus, now fully recovered. Luckily his mum was spared. He praises the efforts of the NHS and front line staff.



Singer Pink and her son have also recovered from coronavirus. Since then Pink has donated \$1 million to help with the coronavirus efforts in America



BBC 1extra's DJ Ace is currently dialyses 3 times a week and is on the kidney transplant waiting list survived coronavirus. He is urging others to take social distancing seriously for their own and everyone's health



Boris Johnson is recovering after developing severe coronavirus symptoms and has praised the NHS nurses who nursed him back to health



**Kind Independent Daring Nice Empowered Young Adults**

# Good News...

**Captain Tom Moore has raised over £28 million for the NHS to help with the coronavirus efforts by walking laps of his garden with the aid of his zimmer frame for his 100th birthday. His song has even reached No 1 in the charts!**



## Covid-19 Vaccine

Scientists around the globe are working tirelessly in search of a vaccine. Imperial London and Oxford are in a neck and neck race to see who can develop a vaccine first!



## Tell your story...

We are planning to put together a book of stories of first hand experiences of kidney disease, dialysis and transplantation.



If you are looking for a quarantine activity to keep you occupied please consider writing your experiences down and sending them through to me. If you don't know where to start please get in touch with me and we can get started on it together.

## Bored?

Here are a few things you can do from home or even whilst tucked up in bed!

- **National Theatre live streaming plays every Thursday. Head over to their youtube!**
- **Virtual tour of the British Museum**
- **Virtual roller coaster rides and tours of Disney World**

This trip may not happen on the same date as advertised but register your interest for when a new date is set as places will fill up quickly!



## Free young adult activity weekend

**11-14 September 2020**

If you are **18-30**, have a chronic kidney condition, are on dialysis or received a transplant, join us for a free, action packed adventure weekend at the Mount Cook Adventure Centre in Derbyshire.

- Meet young adults from across the UK
- Try new activities like rock climbing, canoeing, archery and bush craft
- Take on team challenges including high ropes and orienteering
- Socialise, join arts and crafts workshops and karaoke nights
- Suitable for those with disabilities\*
- Staffed by experienced volunteers, renal youth workers and peer supporters

**“Thanks for this amazing week. I have done things I never thought I would do! It boosted my confidence!”**



### How do I book my place?

Contact your unit, young adult or youth worker

Name:

Email:

If you need more information about the young adult weekend please email [nuth.newcastlerenalyoungadult@nhs.net](mailto:nuth.newcastlerenalyoungadult@nhs.net)

\*The weekend is suitable for people with mobility issues and some disabilities. Please check with your young adult worker for more detailed information.

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