

November 2020

Special points of interest:

- Introduction of the new young adult worker
- Where to find me ?
- Podcast-Something to listen to?
- PREM Survey and your voice
- Mask wearing competition

Introducing the new young adult

Hi All,

I would like to introduce myself as the new young adult worker joining the Renal Department. I've had the opportunity to meet some of you and look forward to meeting those I haven't .

My name is Suhaylah Bauhador and my role is to offer support for people who are aged between 16-30 and currently under the care of St George's Renal Department.

I'm here to offer practical support on a 1:1 basis .

Looking forward to meeting you all!

As a young adult worker we provide one-to-one support with various challenges our patients may be facing, including:

- Starting university – education
- Moving to adult services
- Money advice and benefits
- Housing
- Relationships &sexual health

We do provide support with other topics, and if we aren't able to help then we can usually put you in touch with someone who can.

Where to find me ?

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

Telephone:
0208 725 1919

Mobile:
0782 511 8459

Email:
Suhaylah.bauhador@stgeorges.nhs.uk



About me

I have a background of working with adolescents and young adults .A couple of years ago I was quite unwell , this experience has helped me in understanding the transitions of changing care from being a child to being a young adult , having to deal with a set routine, education and independence .



I enjoy socialising meeting new people .In my spare time I have an interest in photography (I enjoy taking pictures of landscapes) and being a penpal as I write letters to people around the world.

Turn over for:

Podcast– Something to listen to ?

PREM survey

Mask wearing competition

Bonfire Night

The Kidney Patient Reported Experience Measure (PREM) survey for 2020

About the Kidney PREM:

The PREM has been developed by professionals, patients and carers and has had input from kidney patient charities such as the National Kidney Federation, Kidney Care UK and the UK Renal Registry (UKRR) Patients' Council.

The national PREM strategy and data collection aims to:

1. Facilitate benchmarking of kidney patient experience .
2. Inform service improvement for individual renal teams .

HAVE YOUR SAY :



The link to the Kidney PREM survey online
kidneycareuk.org/prem-2020

Imagine London without the Houses of Parliament

The Gunpowder Plot was a failed attempt to blow up England's King James I & Houses



of Parliament on November 5, 1605. The plot was organized by Robert Catesby in an effort to end the persecution of Roman Catholics by the English government.

Key facts:

- 5th November is known as Bonfire Night or Guy Fawkes Night
- Guy Fawkes became friends with Robert Catesby , who has the idea to kill the king by blowing up the houses of Parliament
- Guy Fawkes was arrested in the basement on the day he was going to light the gunpowder and was taken to the Tower of London.

Podcast

The BBC created a podcast which is a reading of a book called 'Reasons to Stay Alive' by Matt Haig—It is a memoir of someone working their way through and depression and finding reason to live at the end of it.

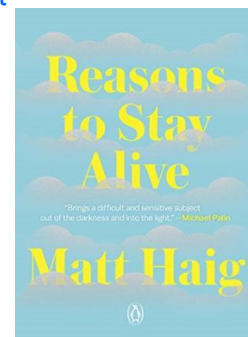
BBC:

"Aged 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again."

Something to listen to ?

"A moving, funny and joyous exploration of how to live better, love better and feel more alive, Reasons to Stay Alive is more than a memoir. It is a book about making the most of your time on earth."

<https://www.bbc.co.uk/sounds/series/p08jkjbl>



In the news: Stevie Wonder

Stevie Wonder has recently received a kidney transplant and has since said

“I feel great my voice feels great ”



“I feel like I’m about 40 right now and I just thank everyone for the prayers and the love.”

Wearing a Mask

Kind reminder to wear masks when visiting the hospital and when leaving your homes. This ensures your safety and the safety of others.

We must keep on protecting each other.



HANDS



FACE



SPACE

STAY ALERT - CONTROL THE VIRUS - SAVE LIVES

Competition

Wear your coolest mask and send us a Picture, be featured in the next newsletter be in with the chance to WIN an NHS mask



Who was Mary Seacole?

- Full name: Mary Jane Grant (Mother Seacole)
1805 -May 1881
- Occupation: Nurse and business woman
- Best known for: Her work in helping the sick and wounded – particularly during the Crimean War.



Mary Seacole faced unfairness and discrimination as a black woman when she tried to volunteer as a nurse during the Crimean war .When she was turned down she decided to go to Crimea independently .She set up a British hotel near the frontline to provide comfort and supplies to the army. When the war ended she was bankrupt, as she spent all her money on supplies.

Virtually See London—Things to do at home

Here are a few things you can do from home

Streamed shows and London theatre

- Head over to Official London theatre's YouTube channel for your fix of theatre, behind-the-scenes videos and interviews...
- You can hear a global cast read complete Shakespearean works every week with The Show Must Go Online. Wednesdays at 7pm

Museum and gallery virtual tours

- Visit the National Gallery without leaving the house – there are hundreds of paintings to explore, so put the kettle on and get ready for hours of exploration.
- Travel through time as you learn more about the objects that shaped history with the British Museum’s virtual tour.

Virtual events in London

- Take part in a virtual whodunit with District Theatre's Murder on the 28th Floor. 2 Nov-29 Jan
- Join Dance Umbrella for workshops, debates, discussions and a party online. 23-27 Nov