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**Contact details:**

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Happy Halloween

Check out the articles that have been in the news recently about a celebrities who have undergone kidney transplant.

There's also a piece that was sent in by a dialysis patient, demonstrating his fantastic art work!

I'm always keen to collect pieces like this.. So if you've done anything cool recently or if you would like to write a piece to feature in next months newsletter then please don't hesitate to contact me and send something in! =)



**It's time to start planning this years Christmas social event...!!**

**Last year we went bowling and for something to eat. Any one between 16 and 30 who was a renal patient at St George's, the Royal Free, Guy's or Hammersmith Hospital in London, was invited.**

**Bowling worked really well and was lots of fun, so we are thinking we will do the same thing again. However, if you have any better ideas let me know!**

**I will be taking suggestions for the next two weeks so please get in touch with any ideas by then!**

**Example suggestions could be : Going out for a meal, laser quest, a boat ride, a Christmas party, cinema, ice skating, bowling... etc.**

Written by you...



Konnichi-wa, O Namae wa, Philip San Desu... or ... 'Hello, my name is Philip'...

I am an aspiring Manga artist and like nearly all Manga artists, I'm completely self taught. I began drawing Manga in 1993 when I was just 13. I don't think I was very good back then, but I'd like to think I'm a lot better at it now than I used to be.

What is Manga - well it's a Japanese style comic art, that evolved from American comics of the late 1940's. Don't think Manga is something exclusively for a younger audience though, just because of the word comic. In its native Japan Manga caters for nearly everyone, whatever the age, gender or interest. The same applies to Manga Animation (known as ANIME)

My dream would be to one day see a Manga novel on a bookshelf, in a bookshop with my characters in the story. I am also a huge fan of almost anything in Japanese 'POP' and 'Counter' culture, so I would love to go to Tokyo one day as well.

Well, thank you, for taking the time to look at my artwork and read, what else I had to say. I hope you enjoyed looking at my artwork as much as I did drawing them.

Thank you, Philip



## In the news...



Selena Gomez has revealed that she had a kidney transplant this summer linked to her lupus.

In an Instagram post, the singer says that her friend Francia Raisa donated an organ to her and that she wanted to explain why fans hadn't heard much from her despite her having new music out.

“So I found out I needed to get a kidney transplant due to my Lupus and was recovering” she writes. “It was what I needed for my overall health.”

Selena Gomez also thanked her friend, The Secret Life of the American Teenager actress Francia Raisa, in her Instagram post. “there aren't words to describe how I can possibly thank my beautiful friend Francia Raisa” she writes. “she gave me the ultimate gift and sacrifice by donating her kidney to me. I am incredibly blessed. I love you so much sis”.



The pair first met at a Disney and ABC charity event at a children's hospital in 2007.



Selena Gomez released her first single from her new untitled album, ‘It Ain’t Me featuring Kygo’ in March. Since then she hasn't been out promoting the tracks because of her operation.

She also took time off social media last year to deal with panic attacks, anxiety and depression. The 25 year old says her ongoing mental health problems are a side effect of her lupus diagnosis last year.

Lupus effects the bodys immune system. The symptoms of the disease include tiredness, rashes (especially on the face, wrist and hands), joint pain and swelling. In her post she says not enough is known about the condition. “Lupus continues to be very misunderstood but progress is being made.

Selena made her first public appearance after recovering from the surgery, in New York with her boyfriend The Weeknd, last month. (BBC newsbeat)

## In The News



**Healthy after kidney transplant, Aries Merritt returns to world championships and finishes second behind Aleec Harris in the 110-meter hurdles.**

SACRAMENTO, California. — Aries Merritt will be making a return to the world championships. This time, with a working kidney.

The world-record holder Merritt finished second behind Aleec Harris in the 110-meter hurdles at the U.S. track and field championships Sunday. His place — as long as it was top three — didn't really matter. He just wanted a spot.

Harris proved uncatchable as he finished in 13.24 seconds. Merritt was 0.07 seconds behind.

Merritt won bronze at the 2015 world championships in Beijing with his kidneys barely functioning because of a genetic disorder. He received the transplant from his sister less than a week later. Now healthy, he's ready to see what he can do with worlds being held at the venue where he won an Olympic gold medal during the 2012 London Games.

"I always felt once I was healthy, all it would take is for me to put in the work" Merritt explained. "That's something I've been lacking. I haven't been able to put in the work in two years."

Merritt, 31, said he knew he would make a strong return, although he encountered many sceptics.

"I was told, 'You'll never come back to the sport with the medications you have to take that are lifelong,'" Merritt said. "It was something that went in one ear and out the other."

"No matter what someone may tell you, whether it's a doctor or not, you can't give up hope. You always have to stay positive and look at the brighter picture." (The Mail Online)