

September 2017

St George's University Hospitals **NHS**
NHS Foundation Trust

22nd – 25th
September 2017

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

Telephone:
0208 725 1919

Email:
marielouise.turner@stgeorges.nhs.uk



Young adult activity weekend

Ilam Hall – Peak District 2017

LAST CHANCE TO BOOK YOUR PLACE!

Please contact me if you would like to come.

Check out the articles that have been in the news recently about celebrities who have undergone kidney transplants. If you would like to write a piece to feature next month please don't hesitate to contact me! =)

Young adult activity weekend

Ilam Hall – Peak District 2017

22nd to 25th September

If you're **18-30** and have had a kidney transplant or have a chronic kidney condition or are on dialysis you can come and enjoy an action packed **FREE** weekend at **Ilam Hall Youth Hostel**. Ilam Hall is an impressive country house in the heart of the Peak District.

- Meet other young adults from across the UK.
- Enjoy the wide range of activities that are on offer, including walking, arts and crafts, orienteering, rock climbing, bush craft, team challenges, karaoke, music, interesting workshops and lots of fun socialising.
- Weekend suitable for young adults with disabilities.*
- Staffed by experienced kidney nurses and youth workers.



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



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 on going mental health problems are a side effect of her lupus diagnosis last year.

Lupus effects the body's 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)