

Contact Details:

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



Check out the article about the Kidney Research London Bridges Walk which was kindly written for this newsletter! If you would like to write a piece to feature next month please don't hesitate to contact me! =)

facebook



I've heard that lots of you would like a Facebook group.. However, I haven't had many people suggest a name or volunteer to help out the editorial team.. I've been wondering why this is?

I have 3 volunteers so far, which is fab! If anyone else would like to help keep content going on to the page then please let me know.

One name suggestion we've had was..

THE SQUIGGLY SOCIETY

What does everyone think to that? Any other suggestions?!

Young Adult Summer Social!

Thank you to those who came along to the summer social at Nando's. Whilst the food was delicious and the conversation was fruitful.. unfortunately the turn out was low which is disappointing and there were a few last minute no shows from those that said they were coming.



It would be really useful if anyone felt able to give me some feedback as to what stops you from attending this kind of event.. I know lots of you are busy and so cannot make it even if you would like to but if there were any other reasons I would love to know in case there is something we could do for next time. Equally if it's the time/day that doesn't suit it would be handy to know this so I can plan the next event at a different time.

BKPA YOUNG ADULT ACTIVITY WEEKEND Ravenstor Activity Weekend

LAST CHANCE to come and enjoy an action packed FREE weekend at the Ravenstor Youth Hostel in the Peak District. A fantastic opportunity to meet other young adults from across the UK and enjoy a wide range of activities.

The weekend programme will look something like this:

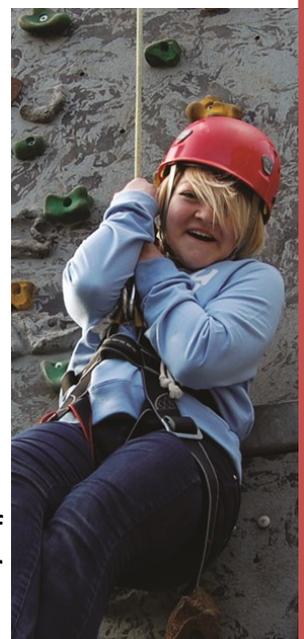
Friday—Introduction, Ice breaker games, quiz and games night.

Saturday—Cromford Canal, Team building activities, Bushcraft, Canoeing, Archery, Outdoor games, DVD night.

Sunday—Workshops, Q & A session. Mindfulness workshop, Bike hire, Side car safari, Baking, Chatsworth, Go-karting, Walk, Cycling, Fashion show, Camp fire, Games night.

18th—21st September!

We will be traveling up with young adults from Guys Hospital in a mini bus. If you would like to come please let me know asap! You don't want to miss out or you'll have to wait a whole year for the next one!



The Kidney Research UK London Bridges Walk by Stuart Wynn

On Sunday 12th July while others slept in, brewed coffee, read the papers or began nervously anticipating the Wimbledon men's tennis final I was on the train to Potters Field Park by the Thames and Tower Bridge for the Kidney Research UK London Bridges Walk.

This amazing walk covers a route of approximately 7 miles, and takes you over some of London's most famous bridges. The views were amazing and I was able to take lots of stunning photos of London. We were lucky with the weather as apparently last year there were unpleasant showers and people had to endure a very wet walk.



Purple pandemonium was waiting for me in Potters park. Camaraderie was in the air. Kidney patients, their families and friends, dedicated supporters all wearing their purple t-shirts with pride! Plenty of purple fundraising items were on sale in the tent and though a funky purple wig seemed tempting I declined and settled for a balloon instead.

The walk kicked off around 11.00am with welcome speeches from Kidney transplant celebrity Chef Lawrence Keogh and children's author Dame Jacqueline Wilson. Anecdotes were shared with a few warm up exercises to get the blood pumping, the ribbon was cut by Jacqueline and the purple parade was off!

I was rather cheeky, some may say lazy and only covered about three of the London Bridges on the day but I wore my purple T-shirt, joined my fellow transplant patients in rising awareness of a good cause and had a fun time doing it.

This is an event that anyone can enter, young or old. There is a step-free route available so I will be bringing my mum (in a wheelchair) along with me next year.

If anyone would like to learn more then visit the Kidney Research UK website <http://www.kidneyresearchuk.org/page.aspx?pid=944> and I look forward to seeing some of you there next year. Lets see if I can walk all seven next time!

Stuart Wynn (Kidney transplant 2013)



The St George's Kidney Patient Association Mid Summer Ball!

As you hopefully all remember in June myself and some of the young adults went to the Kia Oval Cricket ground to enjoy the Kidney Patient Association Mid Summer Ball. It was a fantastic evening for a great cause and Jeunita wrote a lovely article about this for last months newsletter which I hope you all had a chance to read. I am happy to say I have since heard from the Admiral trust ...



“The Admiral Trust is pleased to announce.. that it has given the St George’s Kidney Patient Association a cheque for £12,000 as a result of their Summer Ball at The Oval!”

Here St George’s KPA Chairman, Chris Eliot, is seen receiving the cheque from Terry Withers. Chris said that he was “absolutely thrilled to receive the donation, it was a fantastic night thoroughly enjoyed by all and the money will go to a great cause.”

Chairman Terry Withers, himself a recipient of a kidney transplant said “It is hugely exciting to be able to make this donation to a cause that I know so well. Chris and his committee do a fantastic job, hopefully this will help them to help fellow sufferers. We hope to be able to make further donations from the evening to the National Kidney Federation and the South–West Thames Kidney Association in due course. The final figure was slightly less than we had expected to raise but this should not detract from the huge efforts put in by volunteers Kaywe to create such an amazing evening.”

