



SOUTHAMPTON Children's Hospital



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February 2020 Edition

Kidney Krusaders



Welcome back!

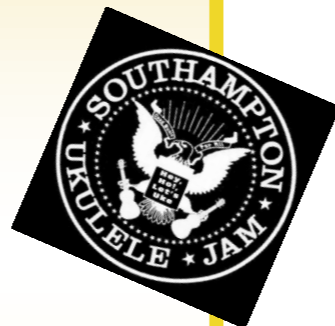
This edition of the Kidney Krusaders newsletter is jammed pack full of exciting and unique opportunities for you all to get involved with. Take a look!

We wanted to focus this edition's 'tricks' on exam preparation as we know many of our young people are facing Assignments, Mocks, GCSEs or A levels this summer. We hope these study tips help you to study smarter and face those exams with confidence and self-belief.



Southampton's City Nuffield Theatre
Thursday 12th of March 2020
Arrival from 6.30pm

The evening will include:
Buffet Dinner
Raffle
Live Entertainment
from the Ukulele Jam
Presentation of funding for
exciting new project



Please support us to raise awareness about kidney disease and organ donation on World Kidney Day

Come along with your family, friends and work colleagues and join us

Book your tickets at Eventbrite:

<https://www.eventbrite.co.uk/e/world-kidney-day-2020-tickets-95853505415>

STUDY SMARTER

TRICK NO.6 - Get enough sleep

Staying up late to study can actually lead to more forgetfulness and sensitivity to stress.

Instead, aim to get 7 to 9 hours sleep a night when revising and sitting exams. Research has shown that a good night's sleep improves declarative memory (the ability to remember facts).



STUDY SMARTER

TRICK NO.7 - Plan ahead and be consistent

Start revision and assignments well in advance so that you have the time to work on them little and often.

A little progress each day adds up to big results.

Don't miss out on these one-off opportunities...

- ⇒ **Play on the Pitch at St Mary's stadium—Thursday 21st May**
Evening event which includes a football coaching session, tournament and a tour of the players' changing rooms.
- ⇒ **Trip to London to take part in RCPCH Engagement Action event—Saturday 20th June**
Day trip to London (travel costs covered) for young people to take part in an Engagement Action day. Have your say and help to shape UK wide policy and practice in children's health care.



More information on the final page for how to enter into a competition to win a place on either of these opportunities



Supported by



Avon Tyrrell Residential



This January, the PEEER youth group were lucky enough to receive a weekend away at Avon Tyrrell courtesy of UK Youth. The weekend was jammed pack full of outdoor activities including mountain biking, high ropes, archery (blindfolded!) and an evening campfire toasting marshmallows. We also got to stay in a log cabin which was super cosy.

As part of the UK Youth 'Releasing Youth Potential, Building Leaders' programme, the group worked towards a CV-boosting Award across the weekend. They all passed the programme with flying colours and demonstrated strong leadership qualities and remarkable team work.

The young people who joined us for the weekend are living with Chronic Kidney Disease, End Stage Renal Failure or have received a Kidney Transplant. We were really impressed to see that they all pushed themselves out of their comfort zones and they definitely proved to us that they can take on any challenge that is thrown at them. Well done team!



What's coming up soon.....

Month	Activity
March	<p>Thursday 12th March—World Kidney Day Celebrate World Kidney Day 2020 with us.</p> <p>Saturday 21st March - Filming and Editing Workshop Working with Bournemouth University we will be filming and editing short films then screening them to parents</p>
April	<p>Tuesday 7th April—Football and Pizza Making Session Come along and join in with the football fun, supported by Hampshire FA. Then try making your own pizza in our chef's workshop.</p>
May	<p>Tuesday 27th May—Dance Workshop Dance workshop for all abilities run by Zoilogic Dance Group.</p>

Duke of Edinburgh upcoming event...

When: Date TBC (during Easter holidays), 1–4pm

Where: Itchen Valley Country Park

Fun Session for anyone signed up to do Duke of Edinburgh or anyone interested in starting (ages 13+). Take part in an orienteering treasure hunt and a tent pitching race to practice skills needed for the Duke of Edinburgh expedition in August 2020. There will also be a Q and A session with Nick Glover from the DofE team.



How to enter into the competition for these opportunities:

Play on the Pitch

Send us a short paragraph about what it would mean to you to take part in this special opportunity with Southampton FC and Saints Foundation.

RCPCH London Day Trip

Send us a short paragraph about a topic in children's health care that you are passionate about OR an idea of something you would change about children's hospital services.

Email: peer.youthworkers@uhs.nhs.uk

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