

Transplant Games



Whilst on the subject of walking for good causes it would be remiss of us not to extend our usual invitation to join the team at the Transplant games. For the last few years we have had a really good turnout from Hammersmith and an equally impressive haul of medals. No this doesn't mean that you have to be a budding Victoria Pendleton or Mo Farah – far from it.

The games are for all patients at all levels of physical ability. The activities include archery, golf, 10 pin bowling, snooker and walking. So, something for everyone and it is also open to all ages!

The games this year are being held in Birmingham over 4 days from August 2nd – 5th. There are an expected 850 transplant patients taking part in over 25 events. So, what are you waiting for? Get yourself motivated and contact team leader Dino Maroudias on 07708 808808 or at teamhammersmith@gmail.com.

Nathan's Three Peaks Challenge

If you need a bit of incentivisation to take part in the Transplant Games you need look no further than our own Chair's son Nathan who is embarking on an even bigger personal mission to raise funds and awareness for our WLKPA. Have a quick read of the below which will hopefully inspire you to help or maybe even embark on your own event or fundraiser.



What better way to mark the beginning of my third decade of life, than to push my own personal boundaries and confront my fear of heights (and exercise!). The National Three Peaks Challenge is a strenuous trek, requiring a good level of fitness and stamina (being comfortable with heights also helps!).

The challenge consists of climbing the three highest peaks of Scotland, England and Wales - all within 24 hours! 1st & 2nd September 2018

The total trekking distance is 23 miles (37km), the total ascent is 3064 metres (10,052ft) and if that wasn't testing enough, I plan on doing all of this with a 20kg back pack!

The three mountains are:

- * Ben Nevis, in Scotland (1345m)*
- * Snowdon, in Wales (1085m)*
- * Scafell Pike, in England (978m)*

The 24-hour window includes both trekking time and travel between the mountains—approximately 13 hours trekking and 11 hours driving.

Why West London Kidney Patients Association? - West London Kidney Patients Association played an absolutely pivotal role in supporting my mother and us, her family, throughout her renal journey. Providing emotional, psychological and financial support, West London Kidney Patients' Association ensured that we never lost hope and more importantly never had to compromise on my mother's quality of life.

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