

## SUPPORTING YOUNG ADULT SERVICE – NEWCASTLE

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## Supporting Young Adults Service

To whom this may concern,

I am the young adult co-ordinator for Newcastle upon Tyne hospitals NHS trust. I work with 15-25 year olds with renal impairment. As part of my job I am fortunate to have had involvement with Kelda Woods and the Climbing Out programmes. 6 young adults under my care have attended the programme and I have seen first-hand the lasting and positive life changing effects it has had on every one of them.

Approaching adulthood is a challenging time at best. Having to deal with a life limiting illness as well as this does take its toll. Young adults can feel isolated, vulnerable and have low self-esteem. The programme works on a multitude of levels. Through the combination of outdoor activities and subtle, informal teaching the result is astounding! The young adults develop lasting and profound relationships, building a support network of peers who understand each other's needs. They learn that they can be challenged and it is a positive thing. They learn to believe in themselves and the impossible can become possible.

I feel privileged that I can expose the young adults under my care to such a life affirming experience. Big thanks to Kelda!

Thank you for your time,

Many thanks

Helen Ritson

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The Supporting Young Adults (SYA) Project exists to support Young people/adults aged 12-25 living with Kidney Disease to support and empower them to take a greater control of their health condition and achieve their future aspirations. This is done through one-to-one and group work sessions.

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