

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.”



How do I book my place?

To book or for more information email Kidney Care UK at info@kidneycareuk.org, write on the young@NKF Facebook page or contact the Young Adult Worker at your unit:

*The weekend is suitable for people with mobility issues and some disabilities. Please check with your young adult worker for more detailed information.