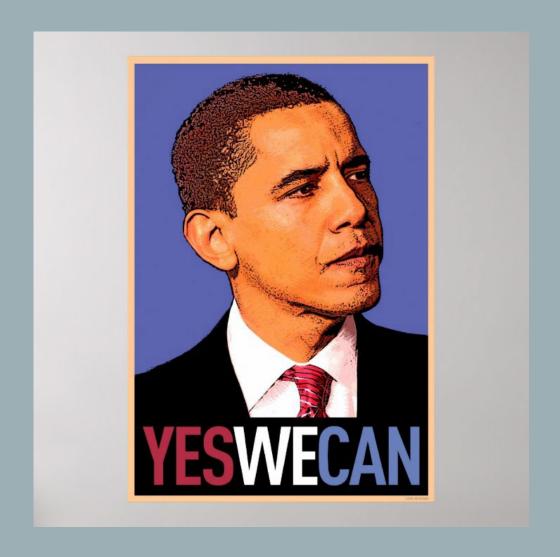


# United through Travel and Sport

Colin White | President European Transplant & Dialysis Sports Federation











#### **Starting Dialysis:**

Moving from "Kidney DISEASE" to "Kidney FAILURE" Impact on:

- Body confidence
- Personal Identity
- Physical Ability
- Personal Relationships









#### So many questions:

**Continue school or work?** 

Can I....

**Travel?** 

Pay the bills?



Participate in sport?

have a long term relationship?



#### Making the Ordinary, ordinary...





"I don't know what I don't know!"







#### Putting Supports in Place...

Family

- PatientOrganisations
- Dialysis Provider





#### Peer Support...

- Learning from Others
- Role Models
- Sharing Experiences
- Sense of Achievement
- Sense of Belonging





#### The Impact...

"After attending my first team meeting, I realised that my life Was not over, it was just different!"



#### Reason to Travel...







Taking the mystery out of holiday dialysis



### The ETDSC Experience...

- 1 week
- 3 dialysis sessions\*
- 12 Sports
- 25+ Countries

- 400+ Participants
- Many new friends
- Enormous inspiration
- Countless Memories



#### Let's make the change...



Taking the mystery out of holiday dialysis



#### A date for your diary...

- European Transplant & Dialysis Sports Championships
- July 21st 28th
- Lisbon, Portugal
- Dialysis provided by Diaverum!



## Thank you very much!

Any Questions?