

**50**  
years of  
changing lives  
1975 - 2025



## **The Kidney Care UK Young Adult Residential Weekend**

**Mount Cook Adventure Centre  
Friday 5 - Monday 8 September 2025**

**Supported by The Professor Robin Eady MBE Fellowship**





## Welcome to the Young Adult Residential Weekend

The Young Adult Residential Weekend is an event for young people who have a kidney condition. It's our mission to facilitate a fun and safe environment for you to be inspired, get advice, and enjoy a great weekend with others your age who truly understand you. We strive to promote the development of young people with chronic renal illness by providing a residential which will help you grow socially and in confidence, and provides knowledge to help promote independence.

Now is the time to be a part of an incredible annual event and help to make it even more special. Try new activities, speak to like-minded people, attend workshops, take part in social events, make friends, and have fun. There's also plenty of time to relax and unwind. Join us for a life-changing weekend!

This pack will give you all the basic information about the weekend and hopefully answer any questions that you may have. We also provide details of where you can find out further information if you need to. Please do get in touch if you have any questions.

Paul Bristow  
Chief Executive, Kidney Care UK



## About the Young Adult Residential Weekend

### Where is it taking place?

Mount Cook Adventure Centre, Porter Lane, Middleton-by-Wirksworth, Matlock DE4 4LS

[www.mountcook.uk](http://www.mountcook.uk)

### Who can attend?

Due to the increasing popularity of the Young Adult Residential Weekend, Kidney Care UK have introduced new registration criteria for 2025. This will allow us to continue to support young people who have never had the chance to attend the weekend, as well as allow people to return for a second time to connect with our community and reestablish friendships.

Please apply for a place at this year's weekend if you meet the below criteria:

- If you are aged 18-30 years.
- If you have never attended before.
- If you have only attended once in the last 3 years (2022, 2023, 2024)
- If you have attended twice or more in the last three years and would like to come back in 2025 then please do apply to join the waiting list (all documentation will still need to be submitted by the closing date). Kidney Care UK may then be able to offer you a place in early August if one is available.

All places offered are subject to young adults having completed all required registration documentation as well as a member of their renal team providing written consent that they are well enough to attend.

### Who else will be there?

Kidney Care UK volunteers and the YAKG peer supporters who will attend as Kidney Care UK volunteers will be coordinating and facilitating the weekend. There will be sufficient volunteers to provide a 1:5 ratio of support as a minimum (one Kidney Care UK volunteer to every five young people attending).

### When is the Young Adult Residential Weekend?

The weekend will take place from the evening of Friday 5 September to the morning of Monday 8 September. You can arrive any time from 4pm on the Friday. Kidney Care UK volunteers will be there to greet you. Please do not arrive before 4pm. We all need to leave the centre on the Monday by 10am (though you can leave on Sunday evening if needed, and this has been arranged in advance).



## How much will it cost?

The weekend away is fully sponsored by Kidney Care UK. This means that the accommodation, food and all activities will be provided free of charge. All meals throughout the weekend are included. A packed lunch will be provided for your homeward journey on Monday morning. The weekend event admin team encourages and supports all young people who are offered a place to approach their local Kidney Patient Association to assist them with travel expenses to attend the weekend.

The only thing that you may want to bring are any non-alcoholic drinks or snacks that you would like. The centre caters for dietary requirements and allergies and will provide a choice of menu options that are kidney friendly. Please list any dietary requirements on the registration/medical form. Many of the meal options are meals from the extensive recipe selection that the Kidney Care UK's Kidney Kitchen make available free to everyone. These are available at: [www.kidneykitchen.org](http://www.kidneykitchen.org)

The centre also has a bar where you will be able to purchase snacks throughout the day and alcohol is also available which can be purchased and consumed in moderation in the evenings. However, no alcohol purchased outside of the centre should be brought onto the premises. Please see the separate Code of Conduct Policy, which you are asked to sign up to and adhere to. There is free Wifi for guests in communal areas.



## Accessibility and medical information

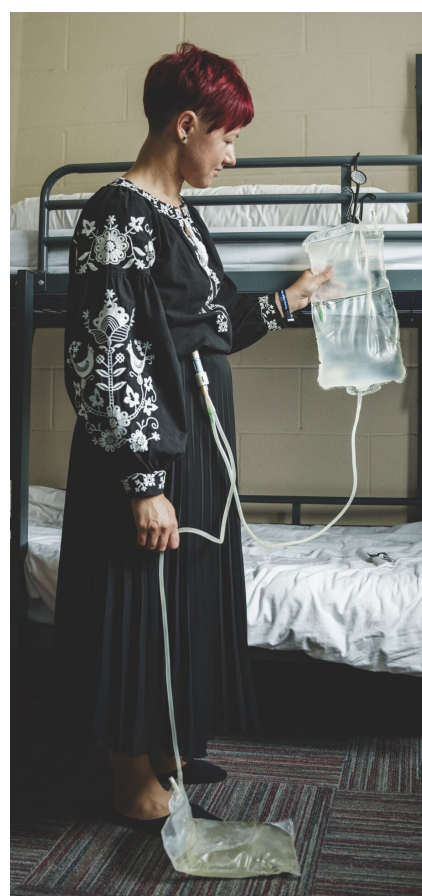
Most people will be staying in same-gender dormitories within the main building. Some people may also stay in glamping pods directly beside the main building. Kidney Care UK volunteers will not be sharing rooms with young adults.

There are also a few accessible rooms with wet room facilities. The entire ground floor has full disability access, including two accessible dorms. There is no access to the first floor except by stairs; however, everything you will need to access such as the kitchens, dining room, meeting rooms, even the climbing wall, is on the ground floor. **If you have any accessibility or disability needs that we need to be aware of, please make sure you list these on the registration form, so we can accommodate them.** The Mount Cook Adventure Centre has a detailed accessibility guide that gives full accessibility information. Use this link to view this comprehensive information and to take a virtual tour of the centre: [www.mountcook.uk/accessibility](http://www.mountcook.uk/accessibility)

## What if I need to dialyse over the weekend?

You will be responsible for your own dialysis, however there will be support available should you need it. If you normally dialyse in a centre over a weekend, then you will need to arrange your haemodialysis on the Thursday evening or Friday morning before and then on the Monday after the weekend. Your allocated Volunteer Buddy and the residential weekend admin team will be able to support you with organising this if you need help.

If you are on peritoneal dialysis (PD), or home haemodialysis (HHD), please make sure that you bring everything that you need for the weekend. There is plenty of room for your supplies at the centre, and they can accept direct deliveries. We are happy to support you to arrange this by speaking to your unit to ensure you have everything you need while you are away. **If you are on peritoneal dialysis or home haemodialysis, you must let us know in advance** and we will make sure you are given an appropriate room allocation (ensuite or single/double room).



If you are on PD, once you have your place confirmed for the weekend, we can send you a comprehensive checklist of things you need to consider, what you need to pack and can support you to get organised.

This list was created by Lai Man, who attended the previous two weekend events and did her own APD while she was there. Please take a look at her great blog which gives details about her experience as a young adult on PD.

[www.mykidneyandlai.com/delivering-pd-fluid-to-mt-cook-for-yakg-residential-weekend](http://www.mykidneyandlai.com/delivering-pd-fluid-to-mt-cook-for-yakg-residential-weekend)

Please be aware that, although some of the Kidney Care UK volunteer staff who will be attending the residential weekend are healthcare professionals, they are not there to provide medical cover or kidney care. You are responsible for your own medical needs, medications, and treatment regimes. Please see the Code of Conduct policy and Covid-19 safety policy, as well as [www.kidneycareuk.org/YAKG](http://www.kidneycareuk.org/YAKG) for more information.



## What if I'm not very well before/during the weekend?

If you are not well the week before, then it is important to let us know so that we can discuss this with you and make sure that it is safe for you to attend the weekend. Responsibility for your own healthcare remains with you throughout the Young Adult Weekend, so make sure your medical form is completed in full and that you bring all of your required medication and equipment.

If you become unwell during the weekend, there are first aiders on site and volunteers who will be able to assess the situation and support you. The closest emergency care and renal centre to Mount Cook is Sheffield Hospital, which is approximately 30 minutes' drive away. There will always be a member of staff available to drive to hospital if necessary.

## Covid-19 safety

Kidney Care UK will continue to seek advice and guidance from renal clinicians, renal national bodies, and infection, prevention and control experts to reduce risks as we prepare for the Young Adult Weekend. Therefore, a fully updated Covid-19 Policy for those attending the weekend will be published in August 2025 to ensure that this reflects current expert guidance and government policy. If you develop symptoms of Covid-19, or test positive for Covid-19 during the residential weekend, you will be isolated in rooms made available for this purpose. You will be required to return home immediately and to make contact your local renal unit so that you can receive appropriate treatment. Please note that you will need to make arrangements to be collected by a family member or friend from Mount Cook Centre, should you become unwell. Kidney Care UK will not be providing separate transport to get you home.



## Activities

We want the weekend to be as informal as possible so that you can enjoy yourself and get the most out of being there. During the day, there will be the opportunity to take part in different activities including:

- climbing and abseiling
- orienteering
- walks
- bushcraft
- land karting
- zip lining
- arts and crafts
- archery tag
- games
- Via Ferrata
- indoor climbing wall
- team building events and challenges

The volunteer team will also be running workshops to find out how we can support you more as a young adult living with kidney disease, and will be organising some social activities in the evenings. These evening activities will include quizzes, ice breakers, games and a Saturday night party disco.

There will also be plenty of free time during the weekend and all planned activities are optional though you will be encouraged to participate as much as possible.



## Travel information

We're staying at: Mount Cook Adventure Centre, Porter Lane, Middleton-by-Wirksworth, Matlock DE4 4LS

Kidney Care UK does not automatically provide transport to or from the venue for the weekend, however some kidney units will be organising minibuses or coaches, so that people can travel together. Please speak to your renal youth worker, specialist nurse and local kidney patient association about this.

Your local kidney patient association may be able to help contribute towards the cost of your travel to/from the weekend. If you need help contacting them, your Volunteer Buddy will be able to support you. We are committed to ensuring that the residential weekend is equally available to all renal young adults, therefore do get in contact with our admin team if you are struggling to meet the costs of travelling to Mount Cook. There are some limited funds available to meet travel costs. If you are making your own way to the centre, there are a number of ways to get there:

### By car

From M1 (North) at junction 28, take the A38 exit to A615/Derby/Matlock. At Pinxton interchange, take the 3rd exit onto A38. Use the left lane to take the A610 slip road to B6441/Nottingham/Ripley. At the roundabout, take the 4th exit onto A610. Turn right onto Matlock Rd/A6. From Cromford, follow the brown tourist road signs for the National Stone Centre. At the top of Cromford Hill turn right onto Porter Lane (towards Middleton). At the top of the hill turn left onto our road. Follow signs for the National Stone Centre.

From M1 (South) at junction 28, use the left lane to take the A38 exit to Mansfield/Matlock. At Pinxton Interchange, take the 1st exit onto A38. Use the left lane to take the A610 slip road to B6441/Nottingham/Ripley. At the roundabout, take the 4th exit onto A610. Turn right onto Matlock Rd/A6. From Cromford, follow the brown tourist road signs for the National Stone Centre. At the top of Cromford Hill turn right onto Porter Lane (towards Middleton). At the top of the hill turn left towards the National Stone Centre.

### By public transport

**Bus:** The Trent Barton Buses 6.1 service - Derby to Bakewell route (via Wirksworth) will drop you at the top of Cromford Hill (Malthouse Close bus stop), from here it is a six minute walk up Porter Lane to the centre.

**Train:** East Midlands Trains Derby to Matlock line - the nearest train station is Cromford (1.5 miles from Mount Cook)





## What to bring

Below is a list of things that you will need to bring with you for the weekend. Please bring all of these items, as without them you may not be able to take part in some of the activities:

- **Enough medication for the weekend**
- **Any dialysis or other treatment supplies or equipment you need**
- Enough clothes for three days (including warm jumpers)
- Two sets of old, warm clothes for activities (leggings or trackpants are better than jeans because they dry faster if you get wet/muddy)
- One set of old shoes/sturdy trainers for activities and socks
- Slippers
- Warm/waterproof coat
- Sunblock and sunhat
- Warm hat and gloves
- Towel(s) for showering
- Toiletries
- Torch
- Padlock for storage locker (combination padlock or two keys)
- Drinks bottle
- Any extra drinks (non-alcoholic) or snacks you would like for the weekend
- Small backpack

Although we have insurance for the weekend, your personal belongings will not be covered under this policy – we therefore advise you to leave any valuable items at home. It will be your sole responsibility to look after your belongings during the weekend.

The bedrooms have lockable storage lockers, but you need to bring a combination padlock if you wish to lock them.





## How do I book my place?

To register your place at the Young Adult Residential Weekend you need to send an email to **[mountcook@kidneycareuk.org](mailto:mountcook@kidneycareuk.org)**

The email should contain:

- your name
- your email address
- your mobile number
- your NHS Number
- your kidney unit
- the name and email address of the Consultant Nephrologist, Renal Registrar, Advanced Nurse Practitioner, Consultant Nurse or Renal Nurse Specialist who is responsible for your care
- the name and contact telephone number or email of your kidney consultant's medical secretary.

Once we have received this information from you, we will send you a DocuSign link to access the additional information you need and the forms you need to complete and return. Your renal team will return the required documents, via DocuSign, that they are required to complete.

The healthcare professional signing your medical declaration form will also be asked to forward your last outpatient clinic letter to us via DocuSign. This letter will need to contain your relevant medical history, current medications and up to date blood test results. Your renal team will be signing to confirm that you are well enough to attend. Without this consent Kidney Care UK and the weekend event admin team cannot offer you a place. Once you have completed all your documentation and sent it back to us, your place will be confirmed by email. You will be contacted by email on 26 June to confirm you have a place reserved on the residential weekend. Please return your forms as quickly as possible.

If you are unable to attend the weekend, please contact **[mountcook@kidneycareuk.org](mailto:mountcook@kidneycareuk.org)** as soon as possible so your place can be offered to someone on the waiting list.

## Young Adult Weekend information webinar

On Tuesday 26 August we will be hosting an information webinar for those young adults who have confirmed reservations for the weekend. You will be sent an invite to this event closer to the evening.

The webinar will include introductions to the Kidney Care UK volunteer team, an overview and details of the itinerary and the activities that will take place during the weekend, some dos and don'ts, what to bring, safety briefings, and will give you the opportunity to ask any last minute questions. There will also be young adults who have attended in 2024 talking about their experiences of the weekend and what's involved.



## Young adult declarations/signed consents

The forms and information you will be sent to fill in and return to complete your registration will be emailed to you. These declarations confirm that:

- The information you have given on the forms is correct and up to date.
- You know of no reason(s), other than what is stated on the forms, that might prevent you from taking part in the weekend and the activities that are part of the programme.
- You have read and agree to adhere to the Code of Conduct and Covid-19 safety policies.
- You have read and agree to the Kidney Care UK Media Consent.

We will also ask you to sign to confirm that you are happy for your name, contact details, accessibility and dietary requirements to be shared with the Kidney Care UK Young Adult Weekend organising group in order to facilitate the weekend only.

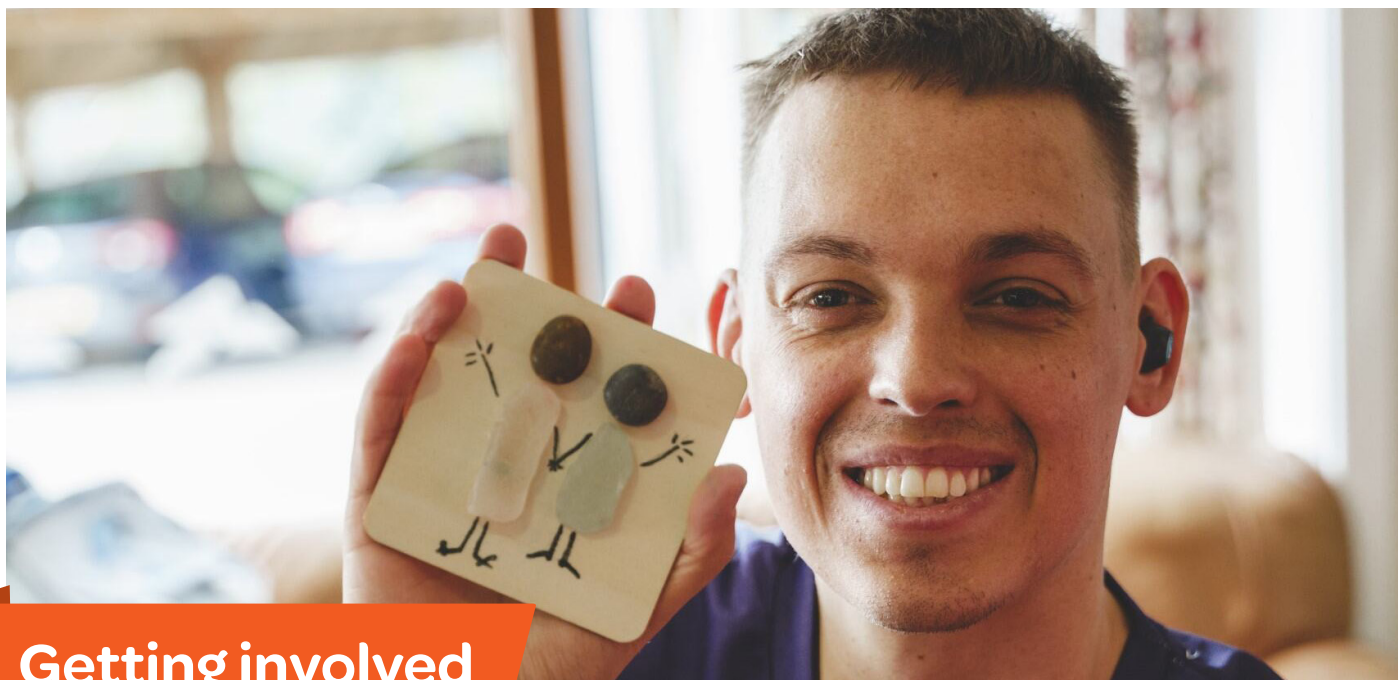




## Useful contact details

**If you need assistance with something or have any questions about the weekend, please email [mountcook@kidneycareuk.org](mailto:mountcook@kidneycareuk.org) and a member of the team will be able to help you.**

We also recommend that you join our Young Adult Kidney Group Facebook group if you haven't already! It's a great way to connect with other young adults who will be coming on the trip and get to know them in advance. [www.facebook.com/groups/youngadulthoodkidneygroup](https://www.facebook.com/groups/youngadulthoodkidneygroup). You can also follow us on Twitter and Instagram: @YAKidneyGroup



## Getting involved

During and after the residential weekend there will be opportunities for you to share your feedback and thoughts about the event.

These comments help in the planning and delivery of next year's Young Adult Residential Weekend. There will also be lots of opportunities for you to be involved in the development of the weekend in 2026, and we'll share more about these during the weekend itself in September. Your ongoing input helps to ensure that this residential weekend continues to be a successful and enjoyable event for everyone who attends.

# Professor Robin Eady MBE (1940-2017)

Robin Eady was the world's longest surviving kidney patient. He had overcome the restrictions of long-term dialysis as a young man to complete medical training and rose to become Professor of Dermatology at St Thomas' Hospital. He started dialysis in 1962 in Seattle, transferred to the Royal Free Hospital and eventually had a transplant at Oxford.

Described as "a person who survived adversity and who always had a vision beyond dialysis", Robin always sought to "pay back" for the care given to him, and in particular to the British Kidney Patient Association (now Kidney Care UK), where he committed himself to seventeen years as a Trustee. His empathy for patients, his medical knowledge, and his willingness to go the extra mile for improved patient care, made him an appropriate Chair of the important Grants Committee. Professor Eady personally championed the first-ever grant awarded by the charity to run what is now our well-established annual Young Adults Weekend.