

How kidney patients, their family and friends can discover freedom and empowerment through travel.

21 OCTOBER 2021

COLIN WHITE



...and this dish is totally potassium-free!

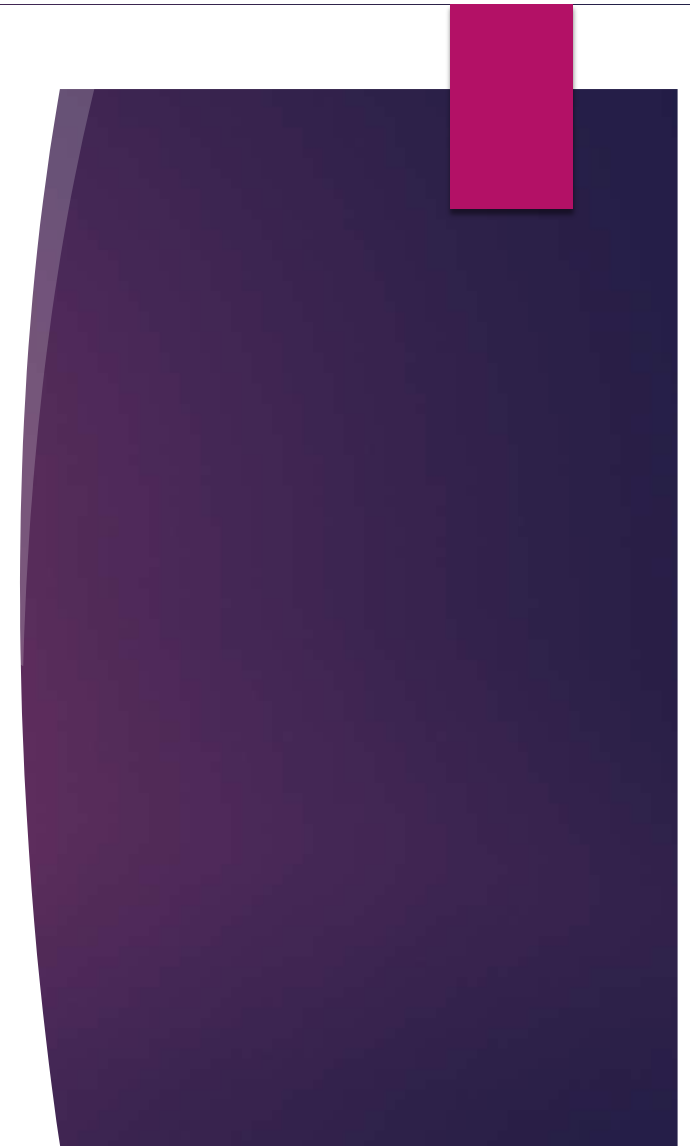
Dialysis...

A life of
restrictions?

Sometimes the thing that is holding you back...



...is all in your head.





A family
holiday
with
someone
on
dialysis?!



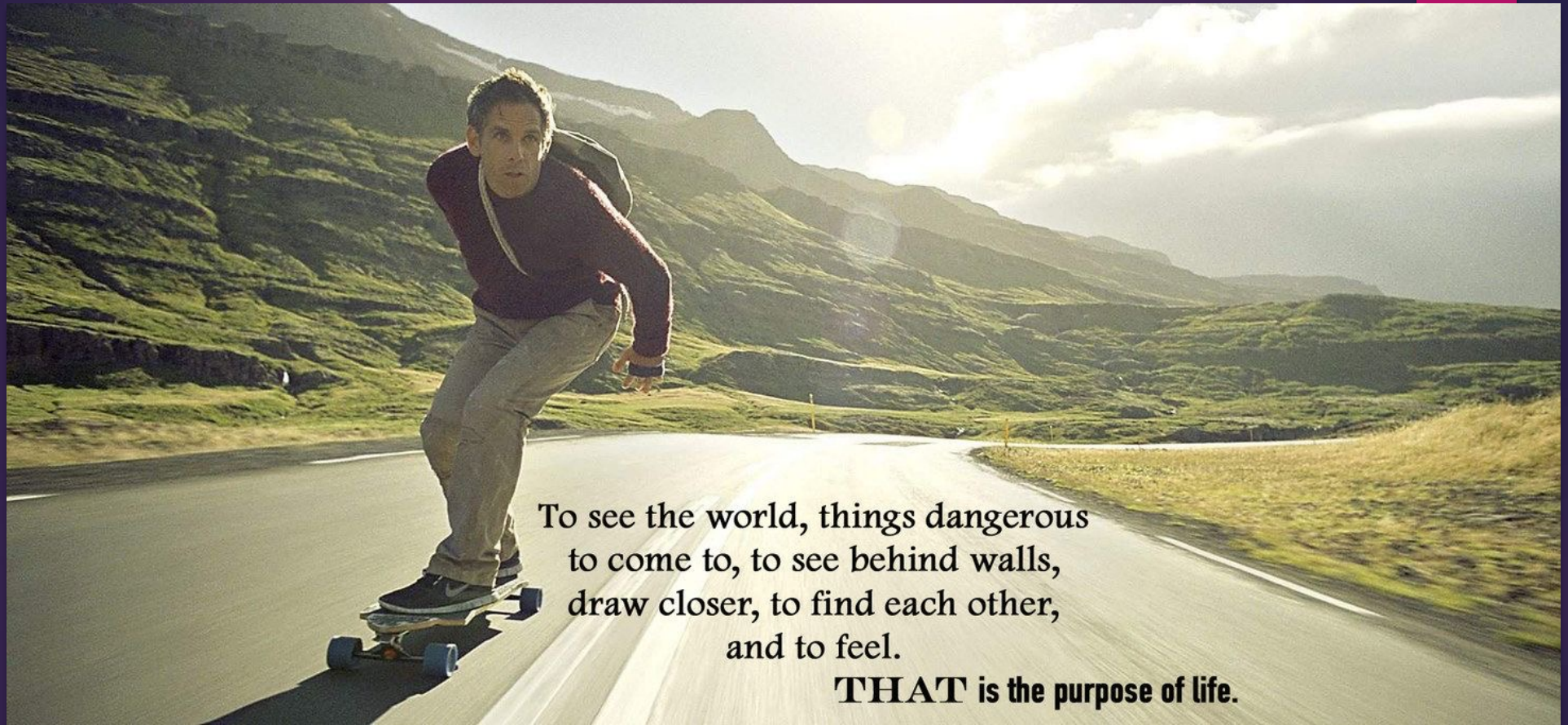
Yes We Can!

Barack Obama

quizzfancy



A
reality!



To see the world, things dangerous
to come to, to see behind walls,
draw closer, to find each other,
and to feel.

THAT is the purpose of life.



Peer Support



European Transplant & Dialysis Sports Championship



**What about
family / friends?**



A change is as
good as a rest.

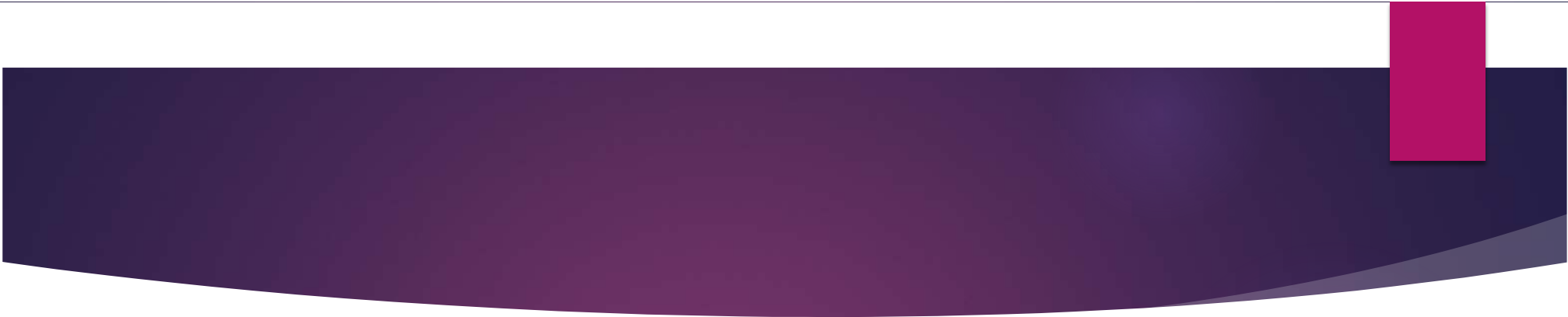
Stephen King



Plan your holiday time



Seek
Advice



The Irish Kidney Association's Holiday Programme
