

Where do I start, she's been there for me the past 15 years of my life, even though I can't remember a lot of my younger days, but Gráinne does, she talks to me about my first days on the ward, the times I was admitted along the way and how excited/worried I was when I had my transplant and how pleased everyone was that it went well.

When I think of her, I think that Gráinne is the best person to approach about anything, either personal advice or just general chit chat. When we talk, I feel like the most important person as she's always 100% focused on the subject or just making me generally feel better about myself or the situation. I especially like the fact that she talks to me as an adult as supposed to talking down to me as a child. And she makes me understand the importance of taking care of myself and taking my drugs without it feeling like a lecture.

Every time I go to clinic she puts a smile on my face, whatever mood I'm in, because she seems to understand all I'm going through. She spends a lot of time with us teenagers and she's never too busy to hear my moans and groans. And trust me there's a lot so mum keeps telling me.

Gráinne works hard to make us feel like there is nothing we can't do if it's something we really want, but she will really miss me/ really want to be with me if I go to Dublin for University! LOL. I'll have to fly back for the clinic visits!

She puts a smile on so many people faces, and she gives us patients her full best effort and commitment, especially with the Transplant Games, she is "Simply The Best". There are a lot of ways that she tries to improve things for us, especially the Young Adult Renal Clinic which has really helped me grow up a lot. But there is also a lot of other organizing that she does, fundraising, raising awareness, better facilities, better education(renal), setting up networks for us to communicate more freely, she's always on the go, she always has an idea to try and improve things for us.

I'm nearly 17, and not going to be under her care for many more years, which means only about 8 more clinics...help. Thing is, I know that even when I get old, 19, and get deported to the adult unit, Gráinne will always be there, if I need her, and I probably will, and even if I don't and just want to say hello she'll always be pleased to see me anyway, because she cares and I mean she really cares, so with any luck I'll be seeing her in 10-20 more years, when she's still putting smiles on faces, still listening and understanding and being there for all the other children like me.

What have I learned??? Where do I start!!

Huge Hug and Thanks Gráinne.

Lauren Harris, Age 16

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