

The Kidney Society

'Helping people with kidney disease get on with life'.



Stories inside:

The precious gift of time... Anna Maharaj shares her kidney transplant journey in this News. More stories inside.

The Kidney Society “Who, what, where”

P O Box 97 026 Manukau City, Auckland 2241

Phone: 09 278 1321, or FREEPHONE: 0800 235 711

E-mail: contact@kidneysociety.org.nz

Website: www.kidneysociety.org.nz

Facebook: <https://www.facebook.com/kidneysocietyadks>

Kidney Society Centre, Auckland: 5 Swaffield Road, Papatoetoe, Auckland

2025. Office hours: generally, 9 - 5 Monday to Friday, Answerphone a/hrs

Contributions to the Kidney Society News are always welcome. Why not write us a story or send us a photo!



John our Chief Executive Officer is responsible for managing the Society overall. John leads the staff as they go about supporting Kidney Society clients.



Gina our Office Manager is in charge of running the office, the community houses, raffles, events organising and general administration.



Tracey our Wellness Educator can help you keep mobile and feel good “the gentle” or “the active” way. She can find you a gym or give you exercises for at home.



Brian and Kristin are our Community Health Educators who can help you understand kidney disease and treatments and how these things affect you and your family.



Nora writes the News. Send in a story for the next magazine!!



Jenny keeps an eye on things at the dialysis houses, shows new people how things work and helps them settle in.



Maria our Office Assistant works with Gina to keep everything in the office ticking over, leaflets printed, the News mailed out and more.

**Deadline for the August/September/October News:
Wednesday 26th July 2023. Contributions are very welcome!**

Contact us for information or a chat, weekdays 9-5, phone 0800 235 711, email contact@kidneysociety.org.nz

Facebook <https://www.facebook.com/kidneysocietyadks> or just come to the Kidney Society Centre, 5 Swaffield Road, Papatoetoe, Auckland

0800 235 711



Kia ora, Malo e lelei, Talofa lava, Kia orana, Bula and greetings to all those in the Kidney Society extended family.

It's noticeable how the seasons are changing, especially for those of us based in Auckland who feel like we missed out on summer. Certainly, temperatures are beginning to dip - but more on that in a moment.

Recently I spent a few days with Brian, our Kidney Society community health educator, visiting renal centres in Rotorua, Tauranga and Whakatane. As you know, Brian has relocated out of Auckland and is focused entirely on supporting clients south of 'the big smoke'. What this means is that he has more time to provide you with the knowledge and support you require, so make sure you reach out to him if you need anything.

It was very obvious that the Kidney Society has a good reputation in these centres, and we received a warm welcome from both clients and hospital staff. Speaking of a 'warm' welcome, we were able to hand out some cosy knitted hats, gloves, boots etc thanks to our wonderful group of volunteer knitters Joan, Jeanette and Sally. These amazing ladies spend many hours creating much needed woolly items that are ideal for our clients as the colder months get nearer.

Photo shows Celeste Tado, Clinical Nurse Co-ordinator and Brian at the Whakatane renal centre.



Finally, I would like to welcome Jatin Patel and Chantelle Goode to the Society's governance Board, both are very enthusiastic and

bring great skills and experience with them. A special mention about Chantelle who lives in Te Awamutu. It's really important to have representation and a perspective from outside of Auckland on the Board.

Nga mihi, Regards

John Loof, Chief Executive Officer

john@kidneysociety.org.nz

Kidney Society Events

Rotorua home visits

Wednesday 17 – Friday 19 May

Brian will be visiting in your area, if you would like to see him, please call 027 715 3949 or email brian@kidneysociety.org.nz

Rotorua Advanced Kidney Care Session

Friday 19 May, 10 am – 2 pm

St David Presbyterian Church, Cnr Wharenui and Reeve Roads, Owkata, Rotorua.

Far North home visits

**Kerikeri, Mangonui area, Ahipara,
Kaitaia, Kohukohu and Kaikohe**

Monday 22 – Friday 26 May

Kristin will be visiting in your area, if you would like to see her, please call 027 345 4449 or email kristin@kidneysociety.org.nz

Te Puke, Opotiki, Whakatane, Kawerau home Visits

Tuesday 23 – Thursday 25 May

Brian will be visiting in your area, if you would like to see him, please call 027 715 3949 or email brian@kidneysociety.org.nz

Whangarei Wellness Day

Thursday 25 May from 10.00 am to 3.00 pm
Golden Church, 49 Kamo Road, Whangarei

We will have:

- information on safe and suitable exercise for people with Chronic Kidney conditions
- Exercise demonstrations and some wellness equipment give-aways
- Guest speakers from Green Prescription and Sport Northland on community support and programmes

More info the next page.

Hamilton home visits

Monday 29 and Tuesday 30 May

Brian will be visiting in your area, if you would like to see him, please call 027 715 3949 or email brian@kidneysociety.org.nz

Matamata and Morrinsville home visits

Wednesday 7 June

Brian will be visiting in your area, if you would like to see him, please call 027 715 3949 or email brian@kidneysociety.org.nz

Hamilton home visits

Monday 12 June

Brian will be visiting in your area, if you would like to see him, please call 027 715 3949 or email brian@kidneysociety.org.nz

Advanced Kidney Care (Pre-Dialysis) Session, Papakura

Wednesday 14 June, 10 am – 2 pm

Massey Park Grandstand Function Room, 2 Ron Keats Drive,
Papakura

Cambridge Home visits

Wednesday 21 June

Brian will be visiting in your area, if you would like to see him, call 027 715 3949 or email brian@kidneysociety.org.nz

Hosting Whangarei Wellness Day

The Kidney Society, in collaboration with Sport Northland and the Northland Renal Team, is excited to announce our upcoming Whangarei Wellness Day.

This event is designed for those who have chronic kidney conditions and are seeking information on suitable exercise and mobility, food and nutrition, community programmes, financial support options for exercise programmes, and emotional wellness.

The event is scheduled for

Thursday 25 May 2023 from 10.00 am to 3.00 pm

at the Golden Church on 149 Kamo Road, Whangarei.

A light lunch will be provided for attendees.

The Whangarei Wellness Day features several guest speakers, including a Renal Dietitian, Renal Social Worker, Renal Health Psychologist, Sport Northland Green Prescription Team, and Wellness Educator from the Kidney Society.

The Whangarei Wellness Day will offer people with chronic kidney conditions the opportunity to learn more about taking care of their bodies and minds. The Kidney Society is committed to providing support and assistance to patients, and this event is an excellent opportunity for those looking to gain knowledge and expertise.

Join us for a day of learning and support!

To attend this event, please RSVP by contacting

Tracey Drinkwater:

Mobile: 027 378 4544

FREEPHONE: 0800 235 711

Email: tracey@kidneysociety.org.nz

Fuea's dialysis experiences from Fuea himself



Hello, my name is Fuea, and I am 61 years old. I started dialysis in August 2022 due to pain in my knee and hip, and I found the experience difficult at first.

However, towards the end of the year, I began walking with a group of my friends in the morning. Our walking group now exercises at least 6-7 days a week from 6:30 am – 7 am. We begin at the gas station on the Mangere Bridge waterfront and walk through the new bridge to Onehunga, and sometimes to Hillsborough.

After our walks, I sometimes climb up Mangere mountain or walk at One Tree Hill. Since starting our walking group, I have lost about 17-18kgs, and the pain in my body has gone away. I have also been able to make healthier eating choices and find that I have more energy to do the things I love, such as fishing and playing with my grandchildren.

My message for my fellow kidney society members and everyone else would be to give it a go and start small. I also extend my invitation to anyone who wants to join us in the morning to please do so, as our group continues to grow.

Before I finish, I would also like to thank the Kidney Society and dialysis staff for providing the training, support, and facilities, such as the community houses where I do my dialysis.

Teresa's Journey of Determination Through Aqua Walking

Meet Teresa, one of our Kidney Society clients who has been consistently hitting the water for the last few months despite her health challenges. Her determination and perseverance have been nothing short of amazing.

Her support person, Joanne, says she is 'so amazed by Teresa's independence and willingness to stay active and Tracey has been incredible in supporting this process'.

We are so proud to have Teresa as a member of our community and to witness her incredible progress.



We would also like to take a moment to give a massive shout-out to the [YMCA Glen Innes](#) who go over and beyond to make the experience for us as easy and seamless as possible. Without their support, our aqua walking sessions would not be possible.

If you're looking to start aqua walking too, we would love to have you join us! Our amazing wellness educator Tracey and now experienced aqua-walker, Teresa, would be happy to have you be a part of these sessions (you can find Teresa in the pools most Wednesdays so feel free to say hi and join her).

Let's celebrate Teresa's incredible spirit and determination to stay active despite her challenges.

Wayne & Nicola's story

Meet Wayne and Nicola Graham who can now live safely and independently in their own home thanks to a new shower.

Wayne and Nicola were struggling to find someone to help them replace their old bath/ shower with a safer walk-in shower. With limited mobility and past falls, showering had become a scary experience for Nicola. Wayne is on haemodialysis, and Nicola is his support

person. She was worried that if she had another fall and injured her other arm, she wouldn't be able to support him, and then what would happen.

They had put aside some money to get the job done, but quotes were out of their budget, and finding someone to do the job was proving difficult.

Enter Tracey, our Wellness Educator, who on one of her visits suggested they contact the local [Mens Shed North Shore](#) for help. And success! Paul & Steve from the Men's Shed came to the rescue, offering a suitable solution that was within Wayne & Nicola's budget. They were very helpful, listened to their needs, and explained everything along the way.

Now, Wayne & Nicola can shower without fear of falling and remain in the home they love for years to come. They are very grateful to Paul Look & Stephen Classen from the [Mens Shed North Shore](#) for making it possible. <https://www.mensshednorthshore.nz/>

A very big thank you to the Men's Shed volunteers for their great work helping the community and making a big difference!



If you are handy with tools or if you are just interested in learning a thing or two, joining your local Men's Shed might be right for you.



What is Men's Shed?

Men's Shed (hereafter simply referred to as a "shed"), to put it in a rather large nutshell, brings men together in one community space to share their skills, have a laugh, and work on practical tasks individually (personal projects) or as a group (for the shed or community).

The sort of projects a shed tackles is entirely up to the shed concerned, however most sheds around New Zealand take on some community projects, examples of which include building playgrounds for pre-school centres, repairing toy library stock, repairing old bikes for distribution to poorer communities, building planter boxes for the main street of the local central business district, and the list goes on.



In the photo, George turning a cipin (drum stick).
Note: Safety equipment removed for photo)

The shed is a great place for blokes to learn new skills. We see builders teaching engineers some of their skills and vice versa, we see accountants being shown a plethora of skills they never had the opportunity to learn in their working life. Some sheds have women members or have sessions catering for women who wish to acquire new skills and get involved in personal or community projects.

Many couples find that after retirement, the shock of suddenly being with each other every waking (and sleeping) hour can cause friction, so the shed is a great place to escape the stresses of "under-foot syndrome", and the result is that women are among the most ardent supporters of Sheds.

Men are known to have smaller circles of friends than women, so the Shed offers opportunities to foster new friendships outside the social circles their partners establish. One Sheddie once stated, after 10 months of development of his local Shed with a membership of more

than fifty; "Ten months ago none of us knew each other, but now it feels like we all went to kindergarten together!"

Men's Sheds have been popping up all over New Zealand. Under the umbrella of the registered charity MENZSHED New Zealand Inc, there are currently 119 Men's Sheds across the country, with another 21 in development.

Although the sheds aren't exclusively for seniors, they have become very popular with retirees. Phil said the shed gave him a purpose, "The pending question for seniors who are about to retire is they ask of themselves, "what am I going to do?""

Men's Sheds provide a huge amount of value to their members and their community. To find your local shed and find out about joining go to www.menzshed.org.nz

MENZSHED New Zealand Inc is a registered charity that exists primarily for the mutual benefit, success, and support of member sheds and to facilitate public access to those sheds.

Every kilometre counts. Join us in the Auckland Marathon this October

The Auckland Marathon is an annual event that brings runners and walkers together to raise money and awareness for various causes.

This year, the Kidney Society is participating, and we aim to recruit 15-20 runners and 25 walkers to fundraise over \$10,000.

Kidney disease is a serious health condition that affects millions of people worldwide. In New Zealand, it is a significant public health issue, with around one in ten adults having some form of kidney damage. However, many people in our community are not aware of this.

By participating in the Auckland Marathon, we hope to raise awareness about kidney disease and raise funds to support those who need it. The funds raised will help us provide crucial support to people living with kidney disease and their families. The Auckland Marathon is also an excellent opportunity to engage with the

community and encourage people to get involved in a fun and healthy activity for a good cause. Participating in the marathon can make a real difference in the lives of those affected by kidney disease and support the Kidney Society's mission to improve kidney health outcomes in New Zealand.

We will support you every step of the way, including helping you set up a Give A Little page, providing tips and tricks for fundraising, a runner's guide, briefing sessions, and more.

If you want to walk, run, or help us recruit people to join our Kidney Society Auckland Marathon team and make a real difference, please sign up here:

<https://kidneysociety.org.nz/every-kilometre-counts-join-us-auckland-marathon-october>

Every kilometre counts, and together, we can make a difference.

Peter's Incredible Achievement: - 250,000 steps!

Having set and achieved a personal challenge of 250,000 steps in a week several years ago, Peter Cooper from Auckland East depot was keen to take on the eight-week Go Bus step challenge.

He knew it would be tough because he was several years older, and this challenge was many weeks longer.



It wasn't until around week two into the challenge, when he saw the results coming in, that Peter thought he might be in with a chance of being in the top few at the end of week eight. He set his daily step goal at 50,000 but found that too tiring, so reset the goal to 45,000.

At week three, Peter's back became very sore, so much so that he was not even able to clean buses after finishing his shift. When Peter was about to give up, Karman Gill at Peter's depot encouraged Peter not to give up, saying he had confidence in Peter's efforts.

As there were a few days that Peter did almost no walking at all, after the encouragement, Peter had to redouble his efforts if he was to come in near the top. The last week of the Challenge saw Peter walk a massive 484,713 steps, which was enough to take him from third place to first place.

Another of Peter's motivations to do well in the Step Challenge was to improve his health through increased blood circulation. Peter has been a CKD (Chronic Kidney Disease) sufferer for almost all of his 69 years of life. Peter had recently been notified by his doctor that his kidneys were starting to reduce in function, with an eGFR figure now of just 17. When that figure gets to 15 or below, one becomes a candidate for a kidney transplant or needs to go on dialysis. For the last 12 years, Peter chose to be vegan when his research determined this way was very good for one's health. Two doctors in two different countries have told Peter similar verdicts of his decision to become vegan, and that if he hadn't done so, he wouldn't be alive today.

Particularly pleased that the Challenge is over are Peter's wife and son who, on most days, didn't get to see Peter for several days because of his early starts and late finishes.

Peter says he doesn't need any further motivation to be fit and healthy. He is doing all he can and certainly got a great boost of health doing the GoBus Challenge, including losing about 6kgs.

Peter states, "I hope the people who arranged, organised, and put huge effort and resources into this Challenge are very proud of their efforts to encourage all of the participants to become that one step (pun) healthier."

Introducing Kidney Friends: A Peer Support Programme for those living with Kidney Disease



Kidney Friends
The Kidney Society

**INTRODUCING KIDNEY FRIENDS:
A PEER SUPPORT PROGRAMME FOR THOSE LIVING WITH KIDNEY DISEASE**

Live with kidney disease? Want to be a Kidney Friend? Want to help others who have Kidney disease?

Living with kidney disease is challenging, but you don't have to face it alone. Kidney Friends is a peer support programme that connects those living with kidney disease, donors, and recipients, as well as their caregivers, family members, and friends, with a hand-picked Kidney Friend who has lived experience and can provide social and emotional support through unfamiliar situations as well as share information, learning, and practical experiences.

If you're interested, we'd love to hear from you. Please contact us on **0800 235 711** or contact@kidneysociety.org.nz.

Living with kidney disease is challenging, but you don't have to face it alone. Kidney Friends is a peer support programme that connects people like you who are living with kidney disease with a hand-picked Kidney Friend - two people who have something in common and can support each other through their kidney treatment journey.

Kidney Friends might meet once a month for coffee or they might talk on the phone every second day - it's up to you what works best.

The relationship can be a great way to connect socially to other members of the community. You can do it over the phone, online or even face to face - whichever way works for you. We will help match you with the right person and give you both the support you need.

Kidney Friends is a volunteer programme, so you can work on your own time, and training will be provided. As a peer supporter, you will be able to give as much or little time as you're able.

If you live with kidney disease, want to be a Kidney Friend and want to give some time to help others who have kidney disease, we'd love to hear from you. Please contact us on 0800 235 711 or

contact@kidneysociety.org.nz.



Unlock Your Kidney Health Questions: Answered in Our NEW Q&A Section

Are you looking for information and guidance on how to support your kidney health? Do you have questions about exercise routines, healthy diets, or other aspects of your kidney journey? We have a Questions & Answer section coming up in the next edition of our magazine, where we invite you to send your questions that can be answered by our team.

We understand that living with kidney disease can be challenging, and we want to provide you with the information and support you need to manage your condition effectively. That's why we're introducing this new feature.

Whether you're looking for advice on the best foods to eat, safe and effective exercises, or general guidance on managing your kidney condition, we're here to help. Don't hesitate to send us your questions, and stay tuned for our next magazine, where we'll be featuring some of the most common questions and their answers.

Send your questions to us at contact@kidneysociety.org.nz.

OLD SHEETS AND TOWELS FOR OUR DIALYSIS HOUSES PLEASE



DO YOU HAVE ANY OLD TOWELS, SHEETS OR PILLOW SLIPS TO SPARE FOR OUR DIALYSIS HOUSES?

With haemodialysis there are the inevitable drips and leaks, and there can be quite a lot of mopping up to do. Also, it is nice to be able to cover your chair with a sheet especially if the chair is vinyl covered. If you are on haemodialysis, you will know what we mean!

The Kidney Society supplies old towels and sheets for patients to use at our community houses. These do wear out and sometimes they need to be thrown away, so we are always in need of more.

If you feel it is time to replace your sheets or towels and get rid of the old ones (frayed is fine!), think of us: drop them off at our Centre, 5 Swaffield Rd Papatoetoe, or phone Gina or Maria on 09 278 1321 and we will try to arrange to collect them when we are next out your way.

The precious gift of time...

Anna

Maharaj shares

her kidney transplant journey



After being diagnosed with SLE (also known as lupus), the battle to save my own kidneys and my life meant endless rounds of

chemotherapy, heavy immunosuppression, IV steroids, hospital admissions and the care of many dedicated medical professionals.

After being so unwell for most of my teenage years I was lucky enough to have a few years in remission. At this time, I was able to attend the University of Waikato to pursue my dream of becoming a teacher.

However shortly after my 21st birthday my health declined significantly, I went into end stage renal failure, and I was admitted into ICU requiring lifesaving haemodialysis. There aren't any words to accurately describe the fear of the situation or the emotions I felt when my own kidneys died; you do experience grief and a feeling of loss.

I was in ward 24 at Waikato Hospital for almost two years leading up to my transplant, being too sick to leave hospital with endless infections, operations, renal failure, no energy, short of breath and requiring ongoing blood transfusions. I want to acknowledge the staff at the Waikato Home Dialysis Unit, as their training and support allowed me a six-month period being on dialysis at home; especially Nicky and Mark and the many other nurses who encouraged me to get home with a machine and gain some independence.

During this time, I had incredible friends who would visit and bring me chocolate brownies. My appetite was poor back then and I needed a feeding tube. However, I could tolerate brownies!

I was one of the first patients to be put on the transplant waiting list from Waikato hospital in 2001. Dr Ian Dittmer, Dr Helen Pilmore, Dr Maggie Fisher, Dr Kim Wong, and Dr Peter Sizeland championed my cause and did everything to keep me alive on dialysis so I would be a successful transplant candidate. I am forever grateful to them, because in 2002 I received my kidney from a deceased donor at Auckland hospital.

My family and I celebrate my transplant anniversary every year, it is bittersweet. I think about my daughter, my husband, my donor and the borrowed time I have been so generously given by my donor. This gift of life has allowed me to see my daughter grow into a teenager, to travel the world, to create a beautiful home and to fulfil my passion for teaching.

I am under the wonderful care of the Middlemore Hospital Renal Transplant Team and have been for the past thirteen years. I know how lucky I am to have them all.

As a transplant recipient I am focused on making my life count and honouring my donor and those who have changed my life and the lives of so many individuals fortunate enough to receive transplants. Life is truly precious.

My second chance has meant I have married the most incredible, handsome, loving man who is by my side through all the ups and downs of my health journey. The other very important person is our daughter. Without my donated kidney I wouldn't have been around to experience the absolute delight of loving a child and being such a proud Mum. I am so blessed.

I have also fulfilled my passion for teaching, working with incredible students and staff. To say this is rewarding is an understatement, teaching children has given me purpose and the sincerity of the profession never ceases to amaze me. I am continuously inspired to reflect on my own practice as a teacher, without my transplant this wouldn't have been possible.

My family and I attend the annual Service of Thanksgiving every year in recognition of those who have given the gift of life to others. It's a very emotional service, my daughter and I light a candle to acknowledge and remember the gift, but also the loss my donor family reflects, on the day their loved one passed away.

Living would not have been possible without the selfless act of organ donation. Through organ donation we celebrate new life and new beginnings. It's a joyful thing to live, however without the gift of life, the many health professionals, transplant coordinators and others involved at such a fragile time, for those living with a transplant or awaiting a transplant, the path back to health would be much more difficult, if not impossible.

Thank you for taking the time to read my transplant story. I recently celebrated 20 years since my transplant; this was a profound moment for me, a time to reflect back on my journey, through all the highs and lows. I can honestly say I will never waste a single moment of my life. Nobody knows what the future will bring, however without organ donation; I wouldn't be here to share my story.

Anna Maharaj

2023 Nora Van der Schrieck Professional Development Scholarships applications are now open.

The Kidney Society is delighted to announce that applications for the 2023 Nora Van der Schrieck Professional Development Scholarships are now open.

The Society recognises the importance of supporting New Zealand's health workforce and two scholarships of up to \$4,000 are to be awarded annually to health professionals or academics working in the field of renal medicine and kidney health. The scholarships can be used for a wide variety of purposes such as conference registration and travel, course fees and or other professional development costs. Successful applicants can use their Scholarship funding any time in the following 12 months.

Please circulate this notice to any staff or colleagues who you think may be interested in applying for the Scholarship.

Applications close on 31/5/23 and the winners will be notified 9/6/23. For a copy of the application form, please contact Kidney Society CEO John Loof on john@kidneysociety.org.nz or 021663 435.

The Nora Van der Schrieck professional development scholarships have been created to recognise the outstanding contribution made by the retired Kidney Society Executive Director Nora Van der Schrieck who served for over 30 years.

Meet our Community educator, Brian!

We recently asked Brian a few questions to learn more about his day and how he is making an amazing impact on our clients.

What does your day-to-day look



like?

I've worked for the society for 13+ years, facing different challenges each day due to the uniqueness of each client's values, goals, and health issues. My tasks include phone calls, following up with existing clients and registering new ones. I also maintain contact with DHBs through calls and emails to stay informed of issues that may impact our clients. I set up and host community education sessions on Advanced Kidney Care, which are supported by DHBs. I conduct home visits to welcome new clients and provide them with resources and support, and I also visit dialysis units to meet new clients and stay up-to-date on their situations. After 12 years of seeing people in all the areas we cover, I moved out of Auckland at the end of 2022 and now cover our Waikato, BOP, Tairāwhiti and Hawke's Bay areas only but am never too busy to talk to Auckland and Northland clients. I do miss a lot of those smiley faces.

What do you love about what you do?

I like being able to make a difference. Whether it is helping people make heads and tails of their condition or just a friendly ear for them to unload, being able to visit people in their own environment on their terms and getting an invite to come back.

If you had one piece of advice for someone with Kidney Disease, what would it be?

The best advice I can give is to be open and honest with your medical/renal team. Take another person with you to all appointments as they may pick up on things you miss. Your Renal/Kidney team cannot react to or treat you if they don't know what is actually going on or how you are feeling. They have a lot of knowledge and experience that they share to help make your quality of life better. As we know, tools work if they are used, not if they are tucked under the bed. Out of sight, out of mind does not work!

The Kidney Society News in 2023

Look out for the Kidney Society News coming to you in **August and November**. Contributions are always very welcome, send to gina@kidneysociety.org.nz. Deadline for contributions: Wednesday 26th April 2023. More frequent News on the website or Facebook!

Exploring Kea House: The Newest Addition to Auckland's Community Dialysis Houses



The Kidney Society team was excited to visit the newly opened Kea House, **a community dialysis house led by Auckland City Hospital**. The team was impressed by the cosy and welcoming atmosphere of Kea House, which was designed to feel like a home away from home for people receiving dialysis treatment. We know the value that community dialysis brings to clients and are pleased to hear about the positive impact Kea House is having on its patients and their families. The visit to Kea House was a meaningful and inspiring experience for the Kidney Society team, and we are thankful to Charge Nurse Manager Janice McNeil for inviting us.

Our first World Kidney Day Walk

On 9 March 2023 our incredible clients and some of our Kidney Society team came together for the very first World Kidney Day walk! Organised by our awesome Wellness Educator, Tracey Drinkwater, the event took place at the beautiful Mangere Waterfront. These inspiring people showed us just how much can be achieved when we come together to support one another's health.

Meet our incredible World Kidney Day walking group:

Siu, who walks 4 times a week, is the fearless legend of the group. She loves the waterfront walk for its flat terrain and stunning views. Siu is always excited to have more people join her on her walks, and **Tracey** the organiser of the event is happy to connect her with anyone interested - so reach out to us if you'd like to join!



Asha, who is soon to celebrate her 14th year of transplant, finds the walk to be a great way to feel re-motivated. She is eager to join Siu a couple of times a week to help with her own walking program.

Colin, who comes all the way from New Lynn, does deep-water walking every Tuesday and Thursday at Westwave. He finds that it helps him reduce pressure on his feet and assists with weight loss, which is crucial for the transplant list. Colin is more than happy to have company in the pool, and again, Tracey is more than happy to connect him with anyone who is interested.

Fuea, who started dialysis last year, uses the Kidney Society community dialysis house. He sees fantastic results by reducing his food portions and starting a walking program, not just in weight loss but also in his energy levels and overall health. Fuea walks around 5km every day, with a group of people he has met along the way. They start at Mangere Bridge every morning around 6 or 7 am, and walk over the bridge, turning left or right depending on the day. For those who are ready for a bit more of a challenge, Fuea is happy to have them join his walking group, and Tracey is ready to connect them.

Terai who has now had her transplant for a year attends the Otara gym and pool twice a week. Terai said she is really enjoying her Thursday pool sessions. Terai would really enjoy having a water walking buddy join her. The Otara pool is free to use. If this sounds like

something you would like to do, contact Tracey, who will put you in touch with Terai.

We were excited to hold our first-ever World Kidney Day walk, and it is an honour to have our remarkable clients join us in raising awareness about kidney health. The commitment and determination displayed by Siu, Asha, Colin, Fueda, Terai, and others in our group are truly inspiring. We are grateful for their support and look forward to continuing our efforts to promote kidney health in the future.

Welcome to Konadu, our student placement!



We're thrilled to introduce **Konadu Dans**, a 3rd-year Health Sciences student who will be joining us as our NEW student placement for the next 6 to 7 weeks.

We have two exciting projects in mind for this placement! Konadu will be working with our Wellness Educator, Tracey, to develop resources that will help our clients increase their wellness, improve their fitness, and enhance their flexibility. Additionally, he will collaborate with our Community Health Educator, Kristin, to establish a

pilot peer-to-peer support program for kidney clients.

We're excited to have Konadu join us at the Kidney Society, and we're looking forward to working with him on some great upcoming projects.

With Thanks

The Kidney Society is a well-respected charity that relies on public donations, bequests, sponsorships, and other forms of financial support from the community in order to be able to meet the needs of those with a serious kidney condition. The Society's services are provided to you free of charge because we firmly believe that

everyone with a kidney condition should have access to good quality support and information.

We offer our sincere thanks to the following Trusts and Foundations who have recently provided grants to help fund our client services:

- Aotearoa Gaming Trust - \$15,000
- Blue Sky Community Trust - \$5,000
- Blue Waters Community Trust - \$2,000
- Dragon Community Trust - \$7,500
- Four Winds Foundation - \$15,000
- Lion Foundation - \$42,000
- Lottery National Community Fund - \$69,000
- NH Taylor Charitable Trust - \$10,000
- Pub Charity Ltd - \$60,000
- Robert Horton Memorial Trust - \$3,500
- Trillian Trust - \$5,470

We acknowledge, and are grateful for, the generous support received from all of the organisations listed above.

World Kidney Day Appeal

Special thanks to all those who contributed to the 2023 World Kidney Day appeal. With your generous support close to \$1,000 was raised for client services – well done everyone!

Donations:

The Kidney Society welcomes public donations, and these are tax deductible. Donations can be made via the Society's website or directly into our secure bank account. Details below:

- Website address is: www.kidneysociety.org.nz
- Account number: 12-3032-0705009-00

Please include your details so we can send you a receipt for tax purposes.

If you would like to talk to us about a donation, sponsorship or fundraising event, please contact John Loof on mobile: 021 663 435 or email: john@kidneysociety.org.nz

- * A **\$20 donation** supports a client to receive this magazine for a whole year!
 - * A **\$96 donation** funds the purchase of 20 Wellness packs for clients.
 - * A **\$240 donation** funds a series of home visits to clients
-

Eat Well, Spend Less - Get More Legumes in Your Life

We're heading into that time of year again where it's getting colder, we need to put on that extra jacket, there's frost on the grass and we're looking forward to our warm evening meal. We may be looking at ways to change up our winter meals. Legumes and beans are the way to go! There are a variety that you could choose and they're packed with goodness. They are also cost effective, tasty and quick to use. Are you after some legume tips, tricks and recipes? Read on to find out more!

First things first, what are legumes? Legumes, also known as pulses, come from "leguminous" plants – plants that are related to the pea family, such as chickpeas, lentils, kidney beans, cannellini beans, and black beans. Here are a few more examples:



Image adapted from Heart Foundation Full o' Beans cookbook

So, why should we care about legumes?

Two enticing reasons – saving money and better health.

Save \$\$

With the skyrocketing cost of living, purse strings are tightening, and families are looking for ways to feed their whānau for less. Legumes can be added to meals to replace a portion of the meat or can be the protein part of the meal all on their own.



For example, a shepherd's pie recipe that usually calls for 500g prime mince (\$10*), could instead be made with 250g mince (\$5*) and ½ cup of dried red lentils (\$0.68*) or 1 can of lentils (\$1.70*), with the final amount of food being the same.

This means that there would still be that meaty taste, with a \$3.30-\$4.38 saving for the meal, without sacrificing a full tummy.

Better health

Legumes are nutritional powerhouses! Packed full of fibre, plant protein (around 15-28 grams of protein per cup, depending on the legume), antioxidants, and essential vitamins and minerals, it's easy to see why legumes tick many nutrition boxes and, when eaten often, lead to overall better health.

Legumes have also been associated with a longer life. People who live in the "Blue Zones" – the five places in the world where people live the longest and healthiest – use legumes as the cornerstone of their diet. They recommend including half a cup of cooked legumes daily in your diet.

Ok, we're convinced - including legumes is a win-win situation! But how can we practically include them in our day-to-day eating? Many Kiwi families still have never braved the world of legumes beyond classic baked beans. But since you're still reading, we challenge you to dip your toe into the wonderful world of legumes with some yummy and hearty winter legume-boosted recipes.

*Food cost estimates taken from Countdown.co.nz in April 2023.

Recipes

Chickpea and Vege Curry

Adapted from "The Christchurch Kidney Society Inc. Cookbook 2015"

Ingredients

1 - 2 Tbsp oil
1 medium onion, sliced
1 garlic clove, crushed
2 tsp ground coriander
2 tsp curry powder
½ tsp turmeric
2 cups pumpkin, diced (soaked in hot water for 2 hours and drained if on a potassium restriction)
1 cup carrots, diced (or cauliflower pieces, or frozen beans)
1 cup frozen peas
1½ cups water or salt-reduced stock
1 Tbsp tomato paste
400 g can chickpeas, drained
2 cups spinach leaves, chopped (can leave out if on a potassium restriction, or substitute with low potassium vegetable such as puha, watercress or bok choy)
¼ cup plain yoghurt
100ml canned coconut cream

Method

Add oil to a large saucepan, add onion, garlic and spices. Cook over medium heat for 2 minutes.
Add drained diced pumpkin, mix to coat with onion and spice mixture.
Add water or salt reduced stock and tomato paste. Bring to boil, stirring.
Add chickpeas and simmer covered for 20 minutes or until vegetables are tender. Stir occasionally.
Add peas and carrots (or cauliflower, or frozen beans), cook for 2 minutes.
Stir in spinach (Optional) and cook until the spinach wilts.
Remove from heat and stir through yoghurt and coconut milk powder. Do not boil.

Shepherd's Pie

Adapted from "Heart Foundation Full o' Beans Cookbook"



Ingredients

1 tsp oil	1 can kidney beans, drained and rinsed
1 medium carrot, diced	1 can brown lentils, drained
1 cup of frozen vegetables or peas	250g lean beef mince (optional)
1 small onion, diced	6 medium potatoes, peeled and diced
2 cloves garlic, crushed	1/3 cup milk
1 can crushed tomatoes	1/3 cup cheese, grated
1 tbsp tomato paste	Pinch paprika (optional)
1 tsp vinegar	

Method

1. Pre-heat oven to 180°C.
2. In a large pot, gently fry the onion, garlic, carrot and frozen veg with oil until soft and lightly browned. Add mince (optional) and stir continuously to break up the mince.
3. Add tomatoes, tomato paste, vinegar, kidney beans and brown lentils, and simmer.
4. *Cover the potatoes in water in a separate large pot. Bring to the boil then turn heat down to a gentle simmer. Cook until a knife inserts easily. Drain and mash with milk.
5. Put the mince mixture in the bottom of a casserole dish. Spread mashed potato over the top and sprinkle with cheese, then paprika (optional).
6. 6. Bake for 45 minutes or until piping hot in the middle.
* If on a potassium restriction, make sure to first dice the potatoes and soak in hot water for 2 hours to reduce potassium, drain the water and then re-boil in step 4.

Northland and Waikato Renal Dietitians,

Understanding Patient Experiences of Kidney Disease Services in Aotearoa

You are invited to take part in a 90 minute online focus group (video chat) to understand the services being provided to people living with kidney disease in Aotearoa. *To thank you for your time and participation, you will receive a \$75 Prezzy card.*

If you would like to take part, please download and read the **PATIENT RESEARCH - INFORMATION SHEET here:**

<https://www.kidney.health.nz/research/>

Please read and sign the Consent Form on the last page of the Patient Research - Information Sheet and return the form to kidneynz@atlantishealth.com

Purpose of this research:

The main objective of the project is to better understand patient experiences of kidney disease services in Aotearoa and how these can be improved. The information provided will be integrated into recommendations designed to improve services for people living with kidney disease. A visual representation (or 'map') of the patient experiences will also be designed. This research is funded and approved by Kidney Health New Zealand, who have engaged an independent third party, Atlantis Health, to execute the project.

Who can take part in this research project?

To take part you must have been diagnosed with kidney disease and be over 18 years old.

What will my participation involve?

You will be invited to take part in an online focus group (approx. 1.5 hours). This will be recorded to help us make accurate notes for analysis. We will ask you about your experience and perceptions of support services provided to people living with kidney disease, especially at the point of diagnosis and when receiving dialysis, and

for your ideas about improvements that might be useful. You may also be asked about your perspectives on equity and barriers to accessing support services.

To thank you for your time and participation, you will receive a \$75 Prezzy card.

If you would like to take part, please download and read the **Patient Research - Consumer Needs** document and read and sign the Consent Form on the last page.

Return the form to: kidneynz@atlantishealth.com

If you have any questions, please contact Atlantis Health on 09 363 4838 and ask about the Kidney Health New Zealand research.

TWO NEW NZ RENAL UNITS !

RECENTLY OPENED IN NEW PLYMOUTH:

Te Huhi Raupō

began welcoming patients in November 2022 and was officially opened by the Minister of Health Hon. Dr Ayesha Verrall on 21 March 2023.



The single-storey timber building is approximately 800m² and has a distinctly non-clinical feel. It has 10 treatment chairs with distant sea views, along with two training rooms (to help patients learn to carry out their own care), an isolation room, and a self-care room.

The **three outpatient rooms** mean the facility can now accommodate **other support teams such as social work, dietitian, podiatry and, provide wrap-around care for patients with diabetes.**

At the opening on 21 March, Wharehoka Wano, Tumu Whakarito Te Kāhui o Taranaki, gifted the building the name **Te Huhi Raupō** to Te

Whatu Ora, on behalf of Ngā Iwi o Taranaki and Taumaruroa (made up of mana whenua Ngāti Te Whiti and the eight Iwi of Taranaki).

Raupō (also known as bullrush) is a resilient plant whose stalks grow tightly together. It bends in storms and windy conditions, but once the storm has passed, it stands again. In the same way, Te Hui Raupō provides support and shelter for the Renal Unit patients, helping them to weather the storms of their illness and rise again after treatment.

PLANNED FOR HAMILTON:

Te Pureoranga - Waikato Regional Renal Centre.



A Huri Whenua or sod-turning ceremony marking the start of construction for the new Waikato Regional Renal Centre took place on 19 April 2023 at the Waiora Waikato hospital campus in Hamilton.

The renal centre is planned to open in May 2024 and is the first stage of a wider building programme which includes the new Adult Acute Mental Health inpatient facility.

Te Pureoranga describes the process and outcome for what the renal service provides – **patients and whānau accessing these critical life-saving services with the aspiration that their sacred rite to purification and the restoration of their wellbeing will be achieved in both physical and spiritual realms.** The new centre will be referred as Te Pureoranga – Waikato Regional Renal Centre.

Te Whatu Ora Medical Director of Cancer and Chronic conditions for Waikato, Dr Andrew Henderson says Te Pureoranga – Waikato Regional Renal Centre will give us **a new purpose-built high-tech building with more space to grow and a long-term home which meets international standards for our patients who are on dialysis.**

“The new facility will bring all renal services together at one site providing 53 chairs for renal patients.

“This will enable us to deliver all our outpatient services within one dedicated building, **with a range of specialists onsite to provide wrap-around care including dietitians, social workers, a podiatrist and a psychologist.**

“Our renal patients are with the service for anywhere between six months to many years, and can spend several hours a week with us so having access to all these specialties in the one space is important,” said Dr Henderson.

Approximately 110 staff will move to the new facility once built.

Ms Lowry thanked Te Haa for the gift of the name and the key role that they have played in the co-design of the renal centre and the mental health building.

“Today not only marks the start of construction of our new renal build but also is the start of our larger construction programme for the new Adult Acute Mental Health inpatient facility.

“These are both very significant developments and when they’re finished will make a real difference for how we can support people in our community.

“The successful and timely delivery of this large building programme is important for Waikato,” said Chris Lowry.

The Government gave the go-ahead for the new 64-bed mental health facility (\$115 million) and the relocation and replacement of the Waikato Regional Renal Centre (\$40 million) in July 2022, approving the Detailed Business Plan.

The mental health facility will be built in two phases as it will be situated on the old renal centre site. This allows for this new renal centre to be completed and the services to move across, making way for the mental health building to be completed.