



Canberra Region Kidney Support Group

Kidney News

The views expressed in this newsletter are not necessarily those of the CRKSG

Construction to Begin on New Community Health Centre in Belconnen

Construction is set to begin on the new Belconnen Enhanced Community Health Centre, with the Chief Minister and Minister for Health Katy Gallagher today visiting the site to view the final sketch plans for the centre.

“The \$51.3 million Belconnen Enhanced Community Health Centre will provide the Belconnen community with a contemporary healthcare hub,” the Chief Minister said.

It will be a light, airy and modern facility, offering a range of new services including breast screening, medical imaging, **renal medicine services, including dialysis**, and pathology collection.

It will also offer enhanced services in physiotherapy, nutrition, child health, sexual health, dental services, and community based nursing and allied health services, in addition to existing alcohol and drug counselling, diabetes and mental health services.

“The Community Health Centre will be more centrally located at the intersection of Lathlain Street and Cohen Street, near the new bus interchange and Westfield shopping centre,” the Chief Minister said.

Today’s site visit marks the official start of construction of this wonderful new facility, which will benefit the Belconnen and surrounding community.

The centre has been designed to deliver a comprehensive range of services to a growing population in an integrated, community-friendly facility.

The client will be the centre of care and there will be an emphasis on connecting and integrating all aspects of a person’s care and treatment.

The ACT Government is investing in community health, building a new centre at Gungahlin and expanding and refurbishing the existing health centre at Tuggeranong where **dialysis services** will also be provided.

Further information may be found on the ACT Health website at — <http://health.act.gov.au/about-us/your-health-our-priority/community-health-centre-preliminary-sketch-plans>.



Artist’s impression of the entry to the new Belconnen Health Centre

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The CRKSG wishes all of our readers a Happy, Healthy and Prosperous New Year

DonateLife Week 2012 in the ACT

The organ and tissue sector has an exciting opportunity in February 2012 to raise public support for organ and tissue donation for transplantation to a new level by participating in DonateLife Week.

The dates for DonateLife Week in 2012 are Sunday 19 - Sunday 26 February. More information surrounding the week's events will be provided as soon as it becomes available.

Thanks to the ongoing support and participation of the sector, the week is established as having a dedicated focus to raise awareness of the need for organ and tissue donation, highlighting the success of transplantation and encouraging Australians to discuss donation, know each other's wishes and register their decision.

The sixth DonateLife Walk organised by Gift of Life will commence at Regatta Point in Commonwealth Park near Lake Burley Griffin in Canberra and will travel around the lower eastern basin of the lake over Kings and Commonwealth Avenue bridges.

It is to be held on Wednesday 22nd February 2012 at 07:00, before work and attracts a variety of participants, ranging from political and community personalities, staff from government departments and agencies, business and other organisations, sporting personalities, large numbers of school and university students and the public.

It is free and t-shirts and breakfast will be provided.

Come and join in the fun and support organ and tissue donation by signing on to the Medicare register, either at the walk or when you get home or to work.

You will need to register for the Walk, either as an individual or as a team, by contacting www.giftoflife.asn.au

For more information please contact smccarthy@morriswalker.com.au

Community Awareness Grants awarded to support DonateLife Week 2012

15 December 2011

The Parliamentary Secretary for Health and Ageing, Catherine King today announced Community Awareness Grants to the value of \$527,032 to support DonateLife Week 2012 events that will encourage more Australians to ask and know family members' donation wishes.

Funded through the Australian Organ and Tissue Authority, grants have been awarded to 20 organisations to conduct a range of community events during DonateLife Week 2012 that target both the general public and young adults (18-29 years). Young adults are less likely to have decided about becoming an organ and tissue donor and less likely to know the donation wishes of family members.

DonateLife Week will be held from Sunday 19 – Sunday 26 February 2012 and consists of community events across Australia to promote organ and tissue donation.

The theme of DonateLife Week 2012 is, "Ask and know your loved ones' wishes, especially this week because it's DonateLife Week" to address the prevailing gap between people who believe their family knows their donation wishes (72%) and people who know the wishes of family members (57%).

"The DonateLife Week community events will provide new opportunities to engage those Australians who may not yet have decided about organ and tissue donation or discussed it with family members," Ms King said.

"The community awareness grants will assist people to get the facts about organ and tissue donation to support them in making an informed decision and sharing their decision with their family members".

The full list of the 20 successful Community Awareness Grant recipients is available at http://www.donatelife.gov.au/media/docs/The_Authority/Final_Grants_List_.pdf.

The Community Awareness Grants are administered by the Organ and Tissue Authority as part of its Community Awareness and Education program.

DonateLife Week is led by the Organ and Tissue Authority as part of the Australian Government's National Reform Agenda to increase organ and tissue donation.

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From the KHA January 2012 Newsletter

Financial Fact Sheets for Home Dialysis Patients

A joint initiative between Kidney Health Australia and the HOME network (a group of health professionals who are focused on reducing the barriers for home dialysis) has resulted in some great new fact sheets related to home dialysis subsidies. As most are aware, home haemodialysis (HHD), uses both electricity and water. Peritoneal dialysis uses electricity. This can cost the individual on HHD up to \$1000 per year! However, these costs can be reduced by up to 100% depending on various factors. Many people don't realise that a range of subsidies are available from power and water providers, and from the government. However concessions vary by state and can be difficult to track down. The new individual fact sheets and consolidated booklet aim to assist everyone in identifying and applying for various subsidies. An on-going goal for Kidney Health Australia is to ensure that all power and water costs for individuals on home dialysis are covered in every state. Now that Kidney Health Australia has collected all the information in relation to subsidies, we feel this on-going goal is realistic. Visit www.kidney.org.au – Look for “Health Fact Sheets” under the “For Patients” section to find the fact sheet for your location. Below are some of the rebates available to ACT residents taken from the Concessions ACT fact sheet. The fact sheets can be found at — <http://www.kidney.org.au/ForPatients/HealthFactSheets/tabid/609/Default.aspx>.

Rebates in the ACT

For concession card holders — Concession card holders may be eligible to receive ACT Government funded rebates on their utility costs. The maximum rebate for energy costs is \$346.20 per year and concession card holders may also be eligible to receive a rebate of up to 68% on their water and sewerage costs. For more information about the scheme and eligible concession cards, visit www.dhcs.act.gov.au/wac/concessions.

Home Haemodialysis Water rebate — As part of the ACT Government Concession Scheme, eligible home haemodialysis patients can receive a rebate of up to \$3.29 per day on their water costs (\$1,200 per year). Visit www.concessions.act.gov.au/health_and_wellbeing/home_haemodialysis_rebate for more information about this rebate.

Life support rebate — The ACT Government subsidises the cost of increased electricity requirements for home dialysis patients with a credit of \$121.87 per year, which is deducted from personal electricity bills by energy retailers. For more information about the electricity rebate and how to apply, visit www.concessions.act.gov.au/health_and_wellbeing/life_support.

Household Assistance - Essential medical equipment — The introduction of a carbon price in 2012 is expected to impact on the price of electricity. To offset the electricity price impacts on home dialysis equipment, the Federal Government will provide an Essential Medical Equipment Payment of \$140 annually to Commonwealth Concession Card holders. For more information about this payment, visit www.cleanenergyfuture.gov.au/wp-content/uploads/2011/07/Fact-sheet-5-Household-assistance-Essential-medical-equipment.pdf.

Organ Donor Registration

If you are viewing this newsletter on-line, click on the link below to register as an organ donor. Organ donor registration is completely voluntary. If you register you will receive a donor card similar to the one shown here.



<https://www2.medicareaustralia.gov.au/pext/registerAodr/Pages/DonorRegistration.jsp>

Alternatively register by calling: 1800 777 203.

Light Summer Sandwich

INGREDIENTS - Serves 4

- 1 x 200g punnet The Original(TM) grape tomatoes
- 1 Treviso(TM) radicchio
- ½ rockmelon
- Turkish bread
- 8 slices prosciutto
- Pesto
- Ground pepper



METHOD

1. Cut the Turkish bread into four, then cut each piece in half.
2. Toast the Turkish bread.
3. Spread pesto on the inside of each piece of the toasted Turkish bread.
4. Wash and dry the radicchio leaves and spread them on the bottom half of the bread.
5. Place two slices of prosciutto on the radicchio leaves for each sandwich.
6. Peel the rockmelon and cut it into thin slices across the diameter of the half melon.
7. Place the slices of rockmelon on the prosciutto.
8. Wash and cut The Original(TM) grape tomatoes in half and spread over the rockmelon.
9. Season the tomatoes with ground pepper.
10. Close the sandwiches with the top of the toasted Turkish bread.

NUTRITION

Nutrient	Per serve
Energy (kJ)	503
Protein (g)	9
Fat - Total (g)	7
Carbohydrate - Total (g)	5
Sodium (mg)	1205
Potassium (mg)	435
Phosphorus (mg)	175

Thanks to Perfection Fresh for supplying this recipe.

Recipes from a CD entitled, Healthy Eating with the Renal Recipe Bank. Produced by Janssen-Cilag for the Government of South Australia.

Disclaimer: Always consider your individual circumstances when using this resource. The information contained herein is of general nature and is not

Community Awareness Grants

(Continued from page 2)

The grants included one for the ACT and one for Batemans Bay. In the ACT, Gift of Life Inc. has received a Community Awareness Grant of \$36,000.00 for DonateLife Week activities in February. The funding is provided to, "Promote public awareness in the ACT region of the importance of increased organ and tissue donation through a DonateLife Walk".

In Batemans Bay, the Eurobodalla Renal Support Group and Organ Donor Awareness has received a Community Awareness Grant of \$4,500.00. The funding is provided for, "An outside broadcast with East Coast Radio 2EC conducted at a public shopping centre during DonateLife week 2012".

Calendar of Events

Quarterly Meetings

Meetings for the Group are held at the Pearce Community Centre, Building 1, Collett Place, Pearce on the dates indicated below. Meetings are held on Saturdays at 2:00pm on each occasion.

Meeting dates for 2012 are as follows:

10th March,

9th June,

8th September (AGM), and

8th December

All welcome

Eurobodalla Renal Support Group



Over the past two weeks we have been out in the community all but one day, Christmas Day, talking with hundreds of people of all ages. Local residents and plenty of visitors from all over. All passing on positive feedback to our continued efforts in providing community ground level awareness over the holiday season and right through the year.

People recognizing the Kidney Health Logo and obtain information about Kidney Health provided by Kidney Health Australia.

We also mention the Kidney Health website is an excellent website to visit at - www.kidney.org.au

People mentioning the great work from Donate Life in raising Organ Donation awareness & education & the strong message that there is the need to discuss their wishes to be an Organ Donor with their loved ones.

People saying that they have made this their wish and they do not like the fact that it may be changed.

We stress to all that this discussion needs to be more than a "One Off" talk. Visit www.donatelife.gov.au for more information.

During the past weeks we have listened and learned from people's feedback in the community and what they are saying about:

Kidney Health, Organ & Tissue Donation & Transplantation, talking to their loved ones about their decision to be an organ donor, confusion on why their wish can still be changed, living with amputations and mobility in the community, Type 1 Diabetes, Dialysis, life prior to and after receiving an organ transplant, low vision and blindness and life in general.

With so many people to thank for their help and support over 2011, I feel that if I were to thank some and unintentionally miss others this would not be a good thing. So THANKYOU to everyone.

Lorae & I wish all a Happy, Safe & Healthy 2012.

Brad Rossiter



The Eurobodalla Renal Support Group & Organ Donor Awareness community event at the Bridge Plaza Batemans Bay NSW on 31st December 2011.



If Undelivered Please Return To:

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Garran ACT 2605

Phone: 02 6290 1984
E-mail: crksg@shout.org.au
Web: http://www.crksg.org.au

**We're on the Web —
www.crksg.org.au**



MEMBERSHIP APPLICATION/RENEWAL

Canberra Region Kidney Support Group Inc
PO Box 5051 GARRAN ACT 2605.
ABN: 77 396 063 641

Last Name: **First Name:**

Address:.....

Email:

Phone No:

I would like to make a voluntary donation to CRKSG for the amount of: \$..... Membership is free. All donations \$2 or more are tax deductible. Cheque/Money Order payable to CRKSG Inc. Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

Signature: **Date:**.....

Post Form to:

The Treasurer
Canberra Region Kidney Support Group Inc
PO Box 5051
GARRAN ACT 2605.