



Canberra Region Kidney Support Group

# Kidney News

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

## RAM-CRKSG Morning Teas

**The Renal Morning Teas, established three years ago under the auspices of the Renal Advisory Meeting, will be held again this year.**

They are held on a monthly basis at 10.30am in the Coffee Lounge of the Hellenic Club at Woden with the first one scheduled for Wednesday 11th February. Beverages are provided by the Support Group. A wide range of snacks are available for purchase in the Coffee Lounge.

The morning teas provide an opportunity for an informal get together for renal patients, their carers, their families and friends. The numbers each month may vary with the final morning tea in 2014 having 15 people attending.

There is no formal structure to the morning tea and participants are welcome to ask questions, share experiences, gossip, or just have a social get together.

If you would like any further information please contact John Kelly on 0450 962 155 or by email at [crksg@shout.org.au](mailto:crksg@shout.org.au) or see the flyer on the Support Group's website at — [http://www.crksg.org.au/RAM\\_flyer.pdf](http://www.crksg.org.au/RAM_flyer.pdf).



Some photos from the last morning tea held in December last year.

There are more photos on the following page.



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Self Help Organisations United Together

More photos from the December morning tea last year.



## From the KHA Kidney Community Newsletter — December 2014

### Great Wall of China Challenge

#### **Ever dream of crossing something off your bucket list? What if you could do so whilst raising money for an important cause?**

If you're in a position to do so, Kidney Health Australia is inviting you to take on the journey of a lifetime and trek the Great

Wall of China, one of mankind's most impressive accomplishments. As part of this excursion, you'll travel between mist-covered mountains, into local villages, across rolling farmlands and through dense forest, exploring China's rich culture and history.

Every step you take along the Great Wall of China is a step towards improved quality of life and wellbeing for Australians affected by kidney disease. Kidney Health Australia's first Inspired Adventures trip is raising money to support our Big Red Kidney Bus project. Our aim is to have more buses and to fit them out in order to make this unique holiday service available to dialysis patients around Australia.

Trek for yourself, trek for a family member or friend, trek for the 1.7 million people affected by kidney disease, trek for the thousands of Australians who are unable to take a holiday for more than a few days at a time. Regardless of your reason, don't miss the rare opportunity to take the trip of a lifetime and make a significant difference in the lives of so many affected by kidney disease.

For more information or to register your interest, please email us at [events@kidney.org.au](mailto:events@kidney.org.au) or visit our site to receive a free information packet, [www.inspiredadventures.com.au/KHA/china2015](http://www.inspiredadventures.com.au/KHA/china2015).

Some fast facts —

- Trip Dates: 8-18 October 2015,
- Registration fee: \$770 (non-refundable),
- Fundraising target: \$3,500 (excludes travel),
- Travel cost: \$4,550, including taxes (can be fundraised),
- Trip duration: 11 days,
- Challenge duration: 5 days,
- Accommodation: Twin-share in 3 star hotels and guesthouses (single rooms available at additional cost), and
- Minimum age: 18 (younger ages considered on application).

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## 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.



# Red Seedless Watermelon, Chicken and Rocket Salad

## INGREDIENTS - Serves 8

- 1 Mini Me® red seedless watermelon
- 30g (1/3 cup) flaked almonds
- 500g cooked chicken, shredded
- 6 tbsp olive oil
- 3 tbsp white wine vinegar
- Freshly ground black pepper
- 2 ½ tbsp grainy mustard
- 200g baby rocket leaves
- Handful coriander leaves



## METHOD

1. Heat a frying pan over medium heat. Add almonds and dry-fry, shaking pan regularly for about 2 minutes until golden. Remove from pan.
2. Cut watermelon into small chunks and place in a bowl with chicken. Combine oil, vinegar and mustard and add a little pepper. Whisk to combine.
3. Arrange rocket leaves in a bowl. Add watermelon and chicken. Drizzle over dressing and toss gently to combine. Scatter over coriander leaves and toasted almonds to serve.

## NUTRITION

Nutrient	Per serve
Energy (kJ)	1589
Protein (g)	19
Fat - Total (g)	21
Carbohydrate - Total (g)	27
Sodium (mg)	115
<b>Potassium (mg)</b>	<b>684</b>
<b>Phosphorus (mg)</b>	<b>224</b>

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 intended to replace the advice of an Accredited Dietician or Renal Physician. Please consult an Accredited Dietician for individual dietary advice.

## Calendar of Events

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.

Proposed meeting dates for 2015 are as follows:

Saturday 14 March  
Saturday 13 June  
Saturday 12 September  
Saturday 05 December

RAM Morning Teas at Hellenic Club, Woden for 2015  
— 10:30 to 12:00

Wednesday, 11 February	Wednesday, 12 August,
Thursday, 12 March,	Thursday, 17 September,
Wednesday, 15 April,	Wednesday, 14 October,
Thursday, 14 May,	Thursday, 12 November,
Wednesday, 17 June,	and
Thursday, 16 July,	Wednesday, 16 December

All welcome

## Eurobodalla Renal Support Group

The Eurobodalla Renal Support Group & Organ Donor Awareness announces our 2015 community awareness & education episode — Part 1.

2015 will see us increasing our commitments to the wider community with informative presentations on the subjects of —

- ✓ Kidney Health.
- ✓ Organ & Tissue Donation & Transplantation.
- ✓ Disability Access & Inclusion.
- ✓ Type 1 Diabetes.
- ✓ Eurobodalla Health Services.



Each Friday The Eurobodalla Renal Support Group & Organ Donor Awareness will be hosting “Find Out Friday” from The Bridge Plaza Batemans Bay from 9.30am to 5.00pm.

We also offer guest speaking please contact Brad for details.

At our community awareness & education events we have available information from—Donate Life- [www.donatelife.gov.au](http://www.donatelife.gov.au) and Kidney Health Australia- [www.kidney.org.au](http://www.kidney.org.au), along with Australian organ donor registration forms

On display Donate Life- The Book of Life.

Brad Rossiter kidney & pancreas organ recipient, double leg amputee, legally blind & 2012 Eurobodalla Citizen of the Year provides his first hand experience's, life's knowledge & understanding.

### Please Note-

For your diary we shall be hosting Find Out Friday each Friday as above, unless advised of changes or inclusions.

All other community events for 2015 shall be promoted and presented as they arise.

We “Thank” each & all for all your support and assistance in spreading these important community messages.

All The Best for a Happy, Healthy & Safe 2015 to you and your family.

If Undelivered Please Return To:

CRKSG  
PO Box 5051  
Garran ACT 2605  
Phone: 02 6290 1984  
E-mail: crksg@shout.org.au  
Web: http://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.

NOTE: This form may also be used to notify a change of address/contact details.