



Canberra Region Kidney Support Group

Kidney News

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

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Renal Morning Teas

Come and Join us on
Thursday, 16th February

From 10:30 to 12:00

Hellenic Club Coffee Shop
Matilda St, Woden

(Club membership preferred but not compulsory)

The Renal Morning Tea provides the opportunity to meet and make friends in a relaxed and informal setting. All renal patients, carers, family and friends are most welcome.

Please Note – Coffee & tea provided by the Kidney Support Group. Cakes, sandwiches, etc., at regular club prices.

Enquiries please contact:

Louise Blue (0438 116 818)

Or

Member



Self Help Organisations
United Together

From the KHA December 2016, Kidney Community Newsletter

From the CEO

This year at Kidney Health Australia has been a time of change and growth. In 2016 we've had an opportunity to overview how we can best continue to support Australia's kidney community, as well as advocate and educate the community and all Australians.

You'll hear more over the next few months about an exciting new initiative, in which we will invite you, our kidney community, to provide direct feedback to us.

We've also been looking at how we can strengthen key events and I'm happy to announce that to align with World Kidney Day our own Kidney Health Week will be held from 5 - 11 March, next year. World Kidney Day is on 9 March. Our passion, and vision to improve the lives of people affected by kidney disease, to raise awareness and advocate for programs and policies and support important research, remains stronger than ever.

Thank you to all the Kidney Health Australia staff and volunteers who have worked so hard this year and to the kidney community for your invaluable support. Our key fundraising and awareness events, such as the Kidney Kar Rally and the Kidney Health Research Walk were great successes in 2016, and a testimony to the absolute commitment of you all. I hope you enjoy this last Kidney Community newsletter for the year. We have news about our current Christmas Appeal and tips on kidney friendly Christmas fare, plus lots more.



Mikaela Stafrace

A Year of Positive Change for Kidney Health Australia

Wishing you a safe and happy Christmas and New Year. Mikaela Stafrace *Chief Executive Officer*

It's been a year of change at Kidney Health Australia. New CEO Mikaela Stafrace has set about her new role with foresight and is now positioning Kidney Health Australia to be even more relevant as the organisation works toward realising its mission statement every moment of the day.

Kidney Health Australia is a long-established, national organisation and peak body making a difference to the lives of many Australians and is the authority on kidney disease in Australia.

Like any successful organisation times of change are also times to renew, and Kidney Health Australia has taken the opportunity to look at ways to become even more efficient and to strengthen ties with health services, to become closer and more accessible to the kidney community. Kidney Health Australia is here to support you.

Kidney Health Australia also wants your input, and in the New Year will be inviting you, the kidney community to provide insight and feedback to Kidney Health Australia about your needs.

Moving Kidney Health Week to 5 – 11 March, to align with World Kidney Day is the one major change to the event calendar.

Carers — What needs to be done?

Renal carers have not been receiving very much attention lately or maybe ever. Perhaps we need to remind those that look after renal patients are in fact Carers, irrespective of how little or how much they do for the patient.

Support for renal patients, their carers and families has been an objective of the Canberra Region Kidney Support Group from the time of its incorporation. Since then, the burden on carers for renal patients has been creeping up. This is particularly concerning as the age of the population and carers increases.

As a carer, I would like to get carers' concerns onto the agenda at Renal Unit meetings. Too often carers are left feeling isolated and unsupported. My own experiences as a carer for a renal patient lead me to believe that more consideration needs to be given to the role of carers. When looking at the concerns of carers it's clear there are some common issues and sometimes carers are being taken for granted by the health system.

Medical information about renal patients is by necessity well organised. But information about their caring arrangements is generally managed fairly informally and neither the shared expectations of carers nor their individual special needs seem to have received much analysis. I hope that carers will contact us and help us become familiar with the caring community; and make up for the shortcomings of the official record. Confidentiality is a serious concern, and privacy will be respected. Also, we are asking carers to put forward any suggestions, brickbats or bouquets; in fact anything that affects renal carers in their efforts to care for their charges. All concerns will be taken to Renal Unit meetings anonymously unless we are advised differently. With your support I think it will be possible to influence the people that control renal policy in the ACT.

There are a number of avenues available to make your thoughts known to the people that control renal policy in the ACT. An email account has been set up for your use, carers@crksg.org.au. If you are reading this online you may use the preceding link. Alternatively, it may also be accessed through the Carers page of the CRKSG website (<http://www.crksg.org.au>) or entered directly into your email client. You can also write to us at the address on the back page of this newsletter. Please mark the envelope Attn. Carers.

Meetings of the Group are held at reasonably regular intervals at the Coffee Guru coffee shop adjacent to The Good Guys in Tuggeranong. You are more than welcome to come along to these meetings and discuss anything that is bothering you about renal care and facilities in the ACT. Check the Diary section of this newsletter for details. We would be grateful if you bring your ideas, questions, etc., on paper or send them to the email or postal address. If you wish to speak individually, please contact us through one (or more than one) of the methods mentioned above and we will get back to you just as soon as possible.

We need to learn who are the carers in the renal community and what can be done to support them. We also need to find out what their needs might be on a more individual basis. Perhaps one size doesn't fit all! Are the expectations of the carers being met? Perhaps we are expecting our carers to soldier on without complaint! If we are going to achieve anything for carers, you should speak to us and tell us exactly what you think is required. By communicating your concerns, we might just be able to achieve something. So, please phone SHOUT 02 6290 1984 and leave a message, email or write a letter.

Be a part of making a difference for the sake of the people we care for.



Golden Potato Croquettes

INGREDIENTS - Serves 4

- 450 g potatoes
- 25 g margarine
- ½ tbsp milk
- pepper
- ½ egg beaten
- 90 g fresh white bread crumbs



METHOD

1. Peel and cut potatoes in small pieces.
2. Bring potatoes to boil in 4 times their volume of water.
3. Drain off water.
4. Re-boil in 4 times their volume of fresh water. Cook until just tender.
5. Drain off water
6. Mash potatoes with margarine, milk and seasoning.
7. Make potato into croquette shapes with your hand then dip in beaten egg.
8. Roll each croquette in breadcrumbs.
9. Heat a little vegetable oil in frying pan and, when hot, cook a few croquettes at once making sure you can turn them easily.
10. Fry both SIDE DISHES until crisp and golden. Keep warm until ready to serve.

Tip: . Excess milk will make the croquettes difficult to shape.

NUTRITION

Nutrient	Per serve
Energy (kJ)	500
Protein (g)	4
Fat - Total (g)	6
Carbohydrate - Total (g)	15
Sodium (mg)	193
Potassium (mg)	370
Phosphorus (mg)	43

Thanks to Kidney Health Australia for supplying this recipe.

Diary

Meetings for the Group are held on Saturdays at 2:00pm. For the time being, the venue will be Coffee Guru, adjacent to Good Guys, Tuggeranong. The AGM will be held at the SHOUT offices, Building 1, Pearce Community Centre in the Small Meeting Room.

Dates for 2017 —

- 11 March,
- 13 May,
- 22 July,
- 16 September, and
- 9 December.

All welcome

Renal Morning Teas at Hellenic Club, 10:30 to 12:00

Feb, Thursday 16th
Mar, Wednesday 15th
Apr, Thursday 13th
May, Wednesday 17th
Jun, Thursday 15th
Jul, Wednesday 12th
Aug, Thursday 17th
Sep, Wednesday 13th
Oct, Thursday 12th
Nov, Wednesday 15th

Eurobodalla Renal Support Group

In May 2007, I received one or should I say two of the most life saving and loving gifts I have been lucky enough to be given.

I received the gifts of a kidney and pancreas organ donation from a total stranger and family.

I had been on Dialysis for seven years and a type 1 diabetic since I was five years of age.

In my life there have been so many positive things; I moved to Batemans Bay, where I met and married the most wonderful, giving and loving lady, Lorae. We shall celebrate our 30th wedding anniversary this year. We have a very honest and good son Trent, whom I love with all my heart.

Bundle these things together plus my Dad and Mum, brothers, close family and good friends, I am The Luckiest bloke I know.

Register to be an Organ and Tissue donor today and make sure your family all agree with you.

Thank you to each and all- love to my two families.

“We’re all given Life’s opportunities, It’s up to each of us to make the best of it”

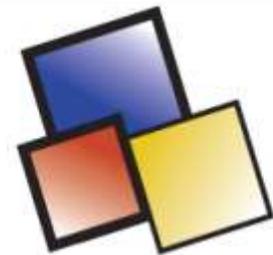
Regards,

Brad & Lorae Rossiter.

M- 0458534470

Co-Chairs & Founders.

Organ Transplant Recipient- Kidney & Pancreas.



**Eurobodalla
Renal Support Group**
AND ORGAN DONOR AWARENESS





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 address shown at the top of this page.

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



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