



Canberra Region Kidney Support Group

Kidney News

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

Merry  
Christmas



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Support Group

Member



SHOUT
UNITED TOGETHER

From the KHA Kidney Connection Newsletter

PATIENT RESOURCES

Focus Kidney Transplant

Receiving a kidney transplant is a wonderful gift, but we understand that transplant recipients can still face many challenges. Having a kidney transplant is a major life event causing a range of emotions before, during and after the operation.

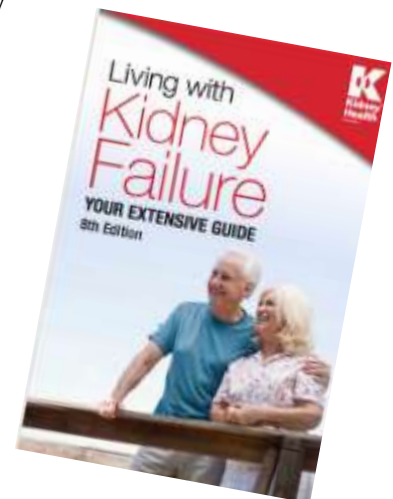
A Kidney Transplant is a treatment for kidney disease but it is not a cure.

It offers a more active life, without needing dialysis, but requires a lifetime of care, involving on-going check-ups and taking anti-rejection medications. Many anti-rejection medications can have side effects so it is important to report any changes and to discuss any concerns with your healthcare team.

It is also extremely important to look after yourself following a kidney transplant.

Some tips on staying healthy include:

- Take your medication as prescribed
- Stay hydrated
- Avoid infections
- Reduce your risk of skin cancer
- Be a non-smoker
- Maintain a healthy weight
- Avoid food poisoning
- Exercise regularly
- Eat a nutritious diet.



Be advised resources these are available for purchase at \$18.00 as a booklet. For further information go to — kidney.org.au/resources-library.

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.



The Gift of Life Garden



From Dan our Secretary (Pictured second from right)

On Sunday I was invited to be part of the official opening of the Gift of Life Garden at the Arboretum. I met the CEO of the Organ and Tissue Authority (Lucinda Barry — pictured), and Minister Hon. Ken Wyatt (Minister for Aged Care and Aboriginal health — pictured)..

Give a Young Carer a Brighter Future

Imagine how hard it is for a child to every day look after a parent living with a long-term illness or disability.

“Mum cries a lot at night, she’s in so much pain. It makes me cry too. I can’t do my schoolwork or hang out with my friends because I need to help her. It’s really hard.” – Beck, 14

Carers ACT is calling on your school community to donate to its appeal to support young carers like Beck.

Instead of doing schoolwork and hanging out with friends, many young carers spend their time instead helping a parent with personal care, medications, medical appointments, grocery shopping, cooking, cleaning, washing, paying bills and looking after younger siblings. They often struggle at school, have little time to themselves and are more likely than their peers to have mental health issues.

They need your support to give them a break from caring these holidays and help them through school next year.



Ginger Star Biscuits

INGREDIENTS - Makes 30

- 125g salt reduced margarine
- ¼ cup brown sugar
- 1 egg yolk
- 2 cups Kellogg's® Rice Bubbles®, crushed finely to 1 cup
- 1 & ½ cups plain flour
- ½ teaspoon baking soda
- 2 teaspoons ground ginger
- 2 tablespoons honey, warmed



METHOD

1. Preheat oven to 160°C.
2. Beat the margarine, sugar and egg yolk in a medium bowl with an electric mixer until light and fully. Gradually stir in Kellogg's® Rice Bubbles®, sifted flour, ground ginger and golden syrup; mix well. Bring dough together using hands; lightly knead to a smooth dough. Roll to ½cm thickness on a lightly floured surface; cut out shapes from the dough using a 5cm star cutter. Re-roll dough to cut out remaining biscuits.
3. Place on baking paper-lined oven trays. Bake, uncovered, in the oven for 20 minutes or until browned. Allow to cool slightly on trays; transfer to a wire rack.
4. Decorate with coloured icing and mini sugar snowflakes if desired.

NUTRITION

Nutrient	Per serve
Energy (kJ)	300
Protein (g)	1
Fat - Total (g)	4
Carbohydrate - Total (g)	10
Sodium (mg)	87
Potassium (mg)	28
Phosphorus (mg)	22

Thanks to Kellogs
for supplying this recipe. .

Tip: We used star cutters. If you don't have cookie cutters at home, then try making your own template by cutting out a shape from a piece of cardboard. Place the shape on the dough and cut round it using a sharp knife.

Diary

Meetings for the Group are held on Saturdays at 2:00pm. Southern Grounds Coffee Shop, adjacent to The Good Guys, Tuggeranong.

All welcome

Dates for 2018 will be included in a future newsletter

Renal Morning Teas at Hellenic Club, 10:30 t12:00

.Dates for remainder of 2018

Wednesday, 12th December

Eurobodalla Renal Support Group

The Eurobodalla Renal Support Group & Organ Donor Awareness.

Present — A Community Awareness Event.

“Find Out Friday

When- Most Fridays

Venue- Bridge Plaza. Batemans Bay.

Time- 9.30am to 5.00pm

We urge all Australians to take the time to register as Australian Organ and Tissue Donor's.

Are You Registered?

Australian Organ Donor Registration forms available.

And then

Make sure you “Have The Chat That Saves Lives”
because your family & loved ones must agree with your decision if they are ever asked before your organ & tissue decision will proceed.

On Display Donate Life “The Book of Life”

Chat with Brad Rossiter — Dual Organ Transplant recipient – Kidney & Pancreas and Double Leg Amputee.

For more information visit — Donate Life. www.donatelife.gov.au and Kidney Health Australia. www.kidney.org.au

“We look forward to seeing you there”.

Brad & Lorae Rossiter.

M- 0458534470

Co-Chairs & Founders.



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





MEMBERSHIP APPLICATION/RENEWAL

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

Last Name: **First Name:**

Address:.....

Email:

Phone No:

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

Post form to the address shown at the top of this page.

I would like to make a voluntary donation to CRKSG for the amount of: \$.....

Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

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

The Canberra Region Kidney Support Group is a registered charity so donations of \$2.00 or more are tax deductible. They can be made by Cheque, Money Order payable to CRKSG Inc., or by Bank Transfer.

Bank: Commonwealth Bank
Account Name: Canberra Region Kidney Support Group Inc.
BSB: 062 912
Acc No: 10028872
Reference: Your name.

After making the bank transfer, please forward by email to crksg@shout.org.au, your contact details and the bank transfer receipt. We will then send you a tax receipt.



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