



Canberra Region Kidney Support Group

# Kidney News

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

- Donate Strength
- Donate Adventure
- Donate Love
- DonateLife

DonateLife Week, 29 July - 5 August 2018

Join the Australian Organ Donor Register at [donatelife.gov.au](http://donatelife.gov.au)



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## Renal Morning Teas

Come and Join us on  
 Thursday, 12<sup>th</sup> July  
 From 10:30 t12:00

Hellenic Club Coffee Shop  
 Matilda St, Woden

(Club membership preferred but not compulsory)

The Renal Morning Tea provides the opportunity tmeet 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 regulaclub prices.

Enquiries please contact:

Louise Blue (0438 116 818)

Or

John Kelly (0450 962 155)

Member



Self Help Organisations United Together

# Expert Panel to Help Reduce Kidney Transplant Barriers

22 June 2018

**An expert panel will investigate and identify any barriers faced by First Nations people in need of kidney donations, to help ensure equity of access to lifesaving and life changing transplants.**

Indigenous Health Minister Ken Wyatt AM said Turnbull Government funding of \$250,000 would allow the Transplantation Society of Australia and New Zealand (TSANZ) to lead a comprehensive review into the hurdles, service gaps and practical challenges faced by Aboriginal and Torres Strait Islander patients receiving treatment for renal disease.

“Ensuring transplant equity is fundamental to fairness and Closing the Gap in health equality,” Minister Wyatt said.

“We know our First Nations people have substantially higher rates of end-stage kidney disease but are much less likely to receive a kidney transplant.

“By identifying the barriers and developing a national framework to address them, this panel can advise on an integrated model of care to change and save lives.”

People with kidney failure have two kidney replacement therapy options – dialysis or a kidney transplant.

Minister Wyatt said that, in December 2016, there were 1,987 Aboriginal and Torres Strait Islander Australians receiving such therapy.

“Of these, 13 per cent had received a kidney transplant, compared with 50 per cent of other Australians, revealing that First Nations people were nine times as likely to be reliant on dialysis,” said Minister Wyatt.

“While the Turnbull Government is funding improvements to dialysis services and renal disease prevention measures in regional and remote communities, our commitment to transplant access is absolute.”

The panel will comprise people with expertise in working in community, clinical settings, research and public policy and will consult widely across First Nations communities and the health and transplantation sectors.

“I have heard many moving stories of the trauma and heartache caused by renal disease, including in my own family,” Minister Wyatt said.

“This review aims to increase Aboriginal and Torres Strait Islander transplant rates, reduce the burden of regular dialysis and give more First Nations people the chance to live fulfilling lives on country and in their communities.”

The panel’s work will help inform development of a long-term strategy for organ donation, retrieval and transplantation being undertaken by the Commonwealth, as agreed by the COAG Health Council. It is hoped the strategy will be ready for consideration by COAG in 2019.

Funding for TSANZ for the project is provided under the Indigenous Australians’ Health Programme (IAHP).

The Turnbull Government is investing \$3.9 billion in Aboriginal and Torres Strait Islander health over the next four years, with the IAHP providing comprehensive, high-quality and culturally appropriate primary health care services across the nation.

# DonateLife Week 2018

**DonateLife Week, Sunday 29 July - Sunday 5 August 2018 Donate Strength. Donate Adventure. Donate Love. DonateLife.**

**Make your decision count. Register as an organ and tissue donor online at [donatelife.gov.au](http://donatelife.gov.au).**

This DonateLife Week, Australians are being urged to give hope to those whose lives depend on an organ transplant by joining the Australian Organ Donor Register online and letting family members know your wishes to be a donor.

“Registration is quick and easy to do online. It takes less than a minute and is important because it leaves your family in no doubt of your wish to be an organ and tissue donor. Registration has a direct influence on consent rates with nine in ten families saying yes to donation when their loved one was registered, so it’s important to register and discuss your views.”

Since 2009, more than 10,000 Australians have had their lives saved as a result of a transplant. In 2017, 1,675 lives were saved through the generosity of 510 deceased organ donors and their families and 273 living donors.

Today around 1,400 Australians and their families are waiting for the call that a life-saving organ has become available. They are counting on the generosity of a donor, and their family, willing to give the gift of life.

“During DonateLife Week we can all take the time to join the Australian Organ Donor Register and discuss our wishes with our loved ones,” said [Organisation spokesperson].

“Even if you have previously registered your decision, DonateLife Week is a great opportunity to remind your family about your organ and tissue donation decision, and to ask and know theirs.”

DonateLife Week is led by the Organ and Tissue Authority as part of the national DonateLife campaign and is supported by community events and activities across Australia.

**To join the Australian Organ Donor Register, or for more information visit [donatelife.gov.au](http://donatelife.gov.au)**



**There are plenty of ways you can show your support for organ and tissue donation:**

- On social media • In your community • In local media
- In your workplace • At your school • At your local hospital.

**DonateLife Week, 29 July - 5 August 2018**  
Register to save lives at [donatelife.gov.au](http://donatelife.gov.au)

The logo for DonateLife, featuring a stylized heart shape with a circular arrow inside, set against a dark background.

# Spicy Lamb Mint Kebabs

## INGREDIENTS - Serves 4

- ◆ 500 g lamb mince
- ◆ 1 small onion, grated
- ◆ 50 g fresh breadcrumbs
- ◆ 1 tbsp ground cumin
- ◆ 2 tbsp fresh coriander, chopped
- ◆ black pepper
- ◆ 150 g natural yoghurt
- ◆ 5 cm piece cucumber, finely diced
- ◆ 2 tbsp fresh mint, chopped



## METHOD

1. Mix lamb, onion, breadcrumbs, cumin, coriander and seasoning.
2. Using lightly floured hands, roll the mixture into 24 small balls. Chill 30 mins.
3. Thread 3 balls onto each skewer or kebab sticks.
4. Cook under preheated moderate grill for 20 mins, turning occasionally.
5. Mix together yoghurt, cucumber, mint and seasoning; serve with kebabs..

**Tip:** Serve with cous cous, boiled white rice or standard salad.

## NUTRITION

Nutrient	Per serve
Energy (kJ)	1080
Protein (g)	29
Fat - Total (g)	10
Carbohydrate - Total (g)	12
Sodium (mg)	205
<b>Potassium (mg)</b>	<b>543</b>
<b>Phosphorus (mg)</b>	<b>383</b>

Thanks to Kidney Health Australia for supplying this recipe.

## Diary

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

### . All welcome

Dates for 2018 —

- 18th August (AGM?)
- 17th November.

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

.Dates for remainder of 2018

Thursday, 12<sup>th</sup> July

Wednesday, 15<sup>th</sup> August

Thursday, 13<sup>th</sup> September

Wednesday, 10<sup>th</sup> October

Thursday, 15<sup>th</sup> November

Wednesday, 12<sup>th</sup> December

Wednesday, 12<sup>th</sup> December

# 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 30<sup>th</sup> 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 us to make the best of it”

Regards,

Brad & Lorae Rossiter.

M- 0458534470

*Co-Chairs & Founders.*

*Organ Transplant Recipient- Kidney & Pancreas.*

*2012 Eurobodalla Shire citizen of the Year.*



**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:** .....

I would like to make a voluntary donation to CRKSG for the amount of: \$..... Membership is free. All donations \$20 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.



CRKSG  
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Garran ACT 2605

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E-mail: [crksg@shout.org.au](mailto:crksg@shout.org.au)  
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