



Canberra Region Kidney Support Group

Kidney News

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

Renal Morning Teas

Come and Join us on
Wednesday, 13th June

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 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 regulaclub prices.

Enquiries please contact:

Louise Blue (0438 116 818)

Or

John Kelly (0450 962 155)

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Member



Self Help Organisations
United Together

SHOUT Launches “Web of Support” Website

On Tuesday 22nd May, SHOUT launched the web of support for the Canberra Community. Officially launched today at 10am by Minister Rachel Stephen-Smith MLA, the web of support has been funded through the NDIA ILC funding and has taken almost a year to complete.

The web of support offers a real alternative to sifting through a phone book, or googling online and accessing wrong, or worse still dangerous, information. SHOUT has ensured the website is useable and unique to the region focusing on disability, health and aged care.

The web of support will grow in the years to come, to include many more organisations and services. If organisations wish, they can add their services to the website directory, which will increase peoples options and uptake on services. It is free for both organisations and services to submit and be listed on the website.

‘As people are becoming more comfortable with gaining information online – the web of support will offer information at their fingertips’ said Carol Mead CEO of SHOUT. ‘It is easy for everyone to use. If you want to see what is available in the community, supports, self-help options or services it will be there for you anywhere, anytime.’



MLA Rachel Stephen-Smith, Minister for Community Services and Social Inclusion launching SHOUT's "Web of Support" website.

SHOUT supports many community organisations across Canberra and the web of support leads the way of the importance of self-help. The website has designated pages about how and why self-help works and the logistics of building self-help groups.

‘What we know is that self-help places the person back in charge of their lives and the decisions they make about their conditions, health and recovery. It helps them feel connected to others going through similar situation who understand.’ says Rebecca Davey President SHOUT. ‘Self help increases a sense of belonging, value and reduces isolation – particularly important for people with chronic illness.’

Self help is growing. People want to connect



Some of the attendees at the launch.

with others who know what they are going through. Until now it was hard to find those connections yourself.

The web of support is at www.shout.org.au

KHA Welcomes Federal Government Announcement to Fund MBS Item Enabling 'On Country' Dialysis

01 May 2018

Kidney Health Australia welcomes the announcement that the Federal Government will be funding a Medicare Benefit Schedule (MBS) item which will enable 'on country' dialysis for Australians living with end-stage kidney disease in very remote areas.

Dr Lisa Murphy, Kidney Health Australia Interim Chief Executive Officer, congratulated the Government on its decision to fund this critical item which is a much-awaited catalyst for change and improved health care of Australians living in very remote regions.

The MBS item for very remote dialysis was one of several recommendations made by the MBS Review Taskforce Renal Clinical Committee Report in 2017.

Kidney Health Australia has been strongly advocating for the MBS item which will mean that dialysis services will be funded for delivery in very remote areas. By funding a dedicated MBS item number, nurses, Aboriginal and Torres Strait Islander health practitioners and Aboriginal health workers, will now be able to deliver dialysis to end-stage kidney disease patients 'on country'.

"Access to dialysis services is currently limited in very remote areas, which means that people with end-stage kidney disease have to move, often hundreds of kilometres away, from their homes and communities to unfamiliar urban areas to access life-saving dialysis. There are significant financial, psycho-social and health consequences of this relocation, not only on the patient but their family and community as well."

"This new MBS item will significantly address the need to relocate and will address the massive social impact on Indigenous kidney patients, their families and communities. We look forward to hearing about the fine detail and criteria, and in particular hope that the pricing is appropriate to support meaningful changes for those living in remote areas." Dr Murphy said.

Dr Murphy said Kidney Health Australia is committed to assisting those living with kidney disease and their families to access best practice health care and psycho-social supports. This is of particular importance in the Aboriginal and Torres Strait Islander communities where the rates of kidney disease are higher than any other community in Australia and are increasing:

- In remote and very remote areas of Australia, the incidence of end stage kidney disease for Aboriginal and Torres Strait Islander Australians is especially high, rates are up to 20 times higher than amongst non-Indigenous Australians.
- Approximately 80% of the mortality gap for Aboriginal and Torres Strait Islander people aged 35 to 74 years is due to chronic disease and the heaviest disease burden impacts on people living in very remote (36.7%) and remote (27.6%) regions.
- 78% of patients in remote areas with end-stage kidney disease have to relocate, compared with 39% of those who live in rural areas and 15% of urban Indigenous ESKD patients.
- Aboriginal and Torres Strait Islander Australians represent approximately 3% of the national population, yet account for approximately 9% of people commencing kidney replacement treatment each year.
- Amongst Aboriginal and Torres Strait Islander Australians, the heaviest disease burden impacts on people living in very remote (36.7%) and remote (27.6%) regions.

Dr Murphy said Kidney Health Australia will continue to represent the voice of all people in Australia affected by kidney disease and we will continue to advocate for changes that will improve and save the lives of all Australians affected by kidney disease.



Dr. Lisa Murphy, CEO, Kidney Health Australia

Baby Wombok San Choy Bow

INGREDIENTS - Serves 4

- 1 baby wombok
- 1 tbsp vegetable oil
- 150g brown onion, diced
- 1 clove garlic, puree
- 50g ginger, puree
- 300g pork mince
- 300g chicken mince
- 1 tbsp salt reduced soy sauce
- 1 tbsp oyster sauce
- 125g bean sprouts
- 15g shallots, sliced
- 200g fried noodle



METHOD

1. Heat oil in wok or saucepan and cook onions, garlic and ginger until onion is transparent.
2. Add mince and cook until slight brown.
3. Combine sauces and simmer for 1 minute.
4. Turn down heat, add sprouts and sliced shallots.
5. Place baby wombok leaves on plate, put fried noodles inside each leaf and add mixture on top of noodles.

NUTRITION

Nutrient	Per serve
Energy (kJ)	1694
Protein (g)	34
Fat - Total (g)	22
Carbohydrate - Total (g)	15
Sodium (mg)	392
Potassium (mg)	724
Phosphorus (mg)	377

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 —

- 16th June
- 18th August (AGM?)
- 17th November.

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

.Dates for remainder of 2018

Wednesday, 13th June

Thursday, 12th July

Wednesday, 15th August

Thursday, 13th September

Wednesday, 10th October

Thursday, 15th November

Wednesday, 12th December

Wednesday, 12th December

Eurobodalla Renal Support Group

In May 2007, I received one or should I say twof the most life saving and loving gifts I have been lucky enough the 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 smany positive things; I moved tBatemans 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.

Registetbe an Organ and Tissue donor today and make sure youfamily all agree with you.

Thank you teach and all- love tmy twfamilies.

“We’re all given Life’s opportunities, It’s up teach of us tmake 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.

Canberra Region Kidney Support Group

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