



Canberra Region Kidney Support Group

# Kidney News

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

## FUNDRAISING SAUSAGE SIZZLE

17<sup>TH</sup> FEBRUARY

10:00 UNTIL 16:00

BUNNINGS  
TUGGERANONG



**In this issue:**

Support for research to develop kidneys from stem cells	2
Escape to Africa	3
Renal Morning Teas	4
HCCA Health Literacy Presentations	5
Free Health Seminars	6
Diary	7
Eurobodalla Renal Support Group	7

**Member**



**SHOUT**  
UNITED TOGETHER

## Support for research to develop kidneys from stem cells

7 January 2019

**The Federal Government is providing nearly \$1 million in funding to a medical research project that will use human stem cells to develop kidneys as an alternative for renal replacement.**

It is estimated that one in ten Australians will show evidence of chronic kidney disease by 2020, but only one in four patients will receive a transplant.

Chronic kidney disease is rising in incidence by six per cent per annum and there is an acute need to develop new therapies.

With funding allocated from the National Health and Medical Research Council (NHMRC), Professor Melissa Little (pictured) from the Murdoch Children's Research Institute will receive \$936,221 for her research project.



Her research is part of a regenerative medicine project in which human stem cells are used to develop kidneys with functioning tissue as an alternative for renal replacement.

The research will focus on the molecular basis of kidney development, renal disease and repair.

We can now make kidney tissue from human stem cells and having this develop into mature kidney tissue after transplantation is a very promising step towards new treatments.

Professor Little aims to develop human kidney tissue that is able to expand and function after transplantation. A breakthrough in this area will open the door to kidney disease modelling, drug screening and the bioengineering of replacement kidney tissue.

This critical research project will help us better understand the condition and is among National Health and Medical Research Council (NHMRC) grants worth more than \$526 million.

Health and medical research is a key pillar supporting Australia's world-class health system and is critical to improving healthcare and improving the health of our nation.

The 2018–19 Budget we provided a record total of \$6 billion to Australia's health and medical research sector, including \$1.3 billion for a health and medical industry growth plan to drive a new era of better health care and fuel jobs and growth.

---

## 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.





# Escape to Africa

with Dialysis Abroad • 09 - 21 May 2019



Hosted by  
Nancy Douglas-Irving OAM

Johannesburg • Victoria Falls (Zimbabwe & Zambia) • Chobe (Botswana) • Kruger National Park • Mpumalanga



## Escape to Africa with Dialysis Abroad and your host, Nancy Douglas-Irving OAM on this incredible 13 day safari adventure.

Learn about some of South Africa's history and Nelson Mandela on a **Soweto tour**, then view the incredible **Victoria Falls**, one of the world's seven natural wonders. During your stay experience a sunset cruise, tour of the falls and a truly memorable helicopter flight over the falls. Continue to Botswana and enjoy **game drives** in the game-rich **Chobe National Park**, famous for its elephant populations before entering South Africa's famous **Kruger National Park** on safari in search of the Big 5 - lion, leopard, rhino, elephant, buffalo.

During the trip Dialysis treatments\* will be available at various locations.

09 - 21 MAY 2019

13 days land only from

**\$14,466\***

per person twin share

Single Supplement from \$4,392

*This Exclusive Small Group Tour is based on a minimum of 10 passengers\*\**

### TOUR INCLUSIONS

- Meet and greet on arrival in Johannesburg
- Transfers and transport as per itinerary in 15 seater
- Internal flights and taxes within Africa
- 12 nights accommodation
- 12 Breakfasts, 5 Lunches, 11 Dinners
- In Johannesburg - Half day Soweto tour
- In Victoria Falls - Sunset cruise, Tour of the Falls, special Makuwa-Kurwa & Boma dinner experiences
- Helicopter flight over the Falls (12 mins), Lunch at Lookout Cafe
- In Chobe - Scheduled game drives in Chobe National Park
- In Kruger - Scheduled game drives in Kruger National Park
- Special Group Host, portage, guides and drivers
- Visas - Zambia (1) & Zimbabwe (1) for Australian Passport holders\*
- Parks Fees & Gratuities\*\*



\* Conditions apply. Prices are land only in Australian Dollars and do not include international airfares, taxes, meals not stated. \*\* Costs associated with Dialysis treatment, Travel Insurance of terms of a personal nature. Costs are based on currency exchange rates and are subject to change without notice and not guaranteed until paid in full. \*\* If a minimum number of 10 paying passengers is not met, price will need to be recalculated. \* Visas included are 1 x Zimbabwe (Single entry US\$30) & 1 x Zambia (single entry US\$50) for Australian Passport holders only. Any additional visas required are at own expense. \*\* Parks fees and gratuities have been included. It is essential that Dialysis Abroad Booking Forms are completed upon payment of the deposit. Travel arrangements can not be confirmed, if tickets issued until these forms are received. Bookings will be automatically cancelled without booking forms. A non-refundable deposit of \$2,000 per person is payable immediately upon booking. Final balance due by 22 January 2019. NB: There are no wheelchair facilities available on this trip and travellers should be able to walk a minimum of 1 flight of stairs.



Call: 1300 978 466

To view the itinerary type this URL into your web browser  
<https://bit.ly/2rrSKRw>



# Renal Morning Teas

Come and join us on  
Wednesday, 13th 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.

Any enquiries please contact:

Louise Blue (0438 116 818)

or

John Kelly (0450 962 155)

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





# HCCA Health Literacy Presentations

The Health Care Consumers' Association of the ACT offer free workshops that help people navigate the health system and become more informed. Workshops can be modified to meet the needs of your group.

## 1. Navigating the health system: Choosing the right service for you

Learn about the different types of health services that are available in the ACT and improve your ability to choose the right service, at the right time for you.

## 2. Take charge of your health: ask questions

Questions are the bridge between what you know and understand and what your health professional tells you. Identify the key questions to ask health care providers, the steps to take before, during and after an appointment and practice asking questions.

## 3. Take charge of your health: Manage your Medicines

More people end up in hospital due to medicines mistakes than due to car accidents. Understand how to interpret a medicines label, the differences between a generic and a brand medicine and the tools and strategies for managing medicines.

## 4. Advance Care Planning – A conversation for all

An Advance Care Plan ensures your values and preferences are respected when you can't voice your decisions. This could be due to a stroke, car accident or other health issue. Learn the steps in making a Plan and who can assist you in making one.

## 5. Making the most of your health dollar

Learn strategies for saving money in the health system. Includes bulk-billing doctors, saving on medicines and allied health (physios, psychologists etc), Walk-in centres and more.

## 6. Giving feedback and making complaints:

Learn the steps to giving feedback, making a complaint and the agencies that can help you to resolve issues and bring about change.

## 7. Keeping yourself SAFE in the health system

Gain an understanding of the risks in health care, strategies for staying safe and the importance of communication in safe health care.

## 8. What is health literacy and why is it important for me?

Learn how you can increase your health literacy – the ability to find, understand and apply health information with confidence.

## 9. Understanding Medicare and Private Health Insurance

Gain information on our complex health system to help you navigate it. Including tips to reduce costs for your medicines and GP visits, plans you can request from your doctor to help manage ongoing conditions and the benefits and costs of private health insurance.

## 10. QUIT Smoking (for culturally and linguistically diverse communities)

Learn about the risks of smoking, the benefits of quitting and the tools and the agencies that help you quit.

## 11. Consumer Participation Training

Day 1: Learn about the health system and how you can interact with it effectively.

Day 2: Increase your ability to participate in the health system as a consumer advocate at both the individual and community levels.

# FREE HEALTH SEMINARS

## **Making the most of your Health Dollar**

**Thursday 21 February 7pm - 9pm Venue: Pearce**

## **The Complexity of Chronic Pain**

**Thursday 21 March 7pm - 9pm Venue: Hackett**

## **Medical Marijuana**

**Saturday 13 April 2pm - 4pm Venue: Pearce**

## **Managing Depression and Anxiety (with an ongoing health condition)**

**Thursday 23 May 7pm - 9pm Venue: Hackett**

## **Looking after my feet**

**Saturday 21 September 2pm - 4pm Venue: Hackett**

## **Gut Health for Overall Health**

**Thursday 17 October 7pm - 9pm Venue: Pearce**

## **Understanding Health Insurance**

**Thursday 21 November 7pm - 9pm Venue: Hackett**

---

To RSVP or for more information on these seminars, please contact Health  
Care Consumers' Association



Health Care Consumers' Association  
Phone: 02 6230 7800  
Email: [adminofficer@hcca.org.au](mailto:adminofficer@hcca.org.au)

**CHRONIC CONDITIONS SEMINARS 2019**

## Diary

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

### . All welcome

Meeting dates 2019:

23 February

18th May

August (AGM) (Date to be advised—3rd or 10th)

23rd November

2019 Renal Morning Teas at Hellenic Club, 10:30 to 12:00

Thursday 14<sup>th</sup> March,

Wednesday 17<sup>th</sup> Apr,

Thursday 16<sup>th</sup> May,

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

Thursday 11<sup>th</sup> July,

Wednesday 14<sup>th</sup> August

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

Wednesday 16<sup>th</sup> October,

Thursday 14<sup>th</sup> November, and

Wednesday 11<sup>th</sup> December.

# Eurobodalla Renal Support Group

## Text of letter received by Brad from National Australia Day Council

Dear Brad Rossiter,

I'm pleased to let you know that you were nominated for 2019 Australian of the Year Awards. This year, we asked members of the public to tell us who inspires them, contributes to their community and excels at what they do.

While you have not progressed to the National Announcement, you should feel incredibly proud that someone took the time to acknowledge you and to recognise your contributions to our great country. As CEO of the National Australia Day Council, I sincerely congratulate you on this honour.

For over 55 years the Australian of the Year Awards have celebrated outstanding Australians who lead by example and make us proud to call Australia home. From quiet achievers, community members, household names and unknown heroes, the Awards recognise people from all walks of life making a difference to their community and those around them.

On the 25<sup>th</sup> January 2019 the national recipients of the Australian of the Year, Senior Australian, Young Australian and the Local Hero will all be announced. Should you choose to follow the journey of this year's finalist, I encourage you to visit our website [australianoftheyear.org.au](http://australianoftheyear.org.au) or connect with us on social media. You can also watch the Awards live on the eve of Australia Day on ABC TV and iView.

Once again, I congratulate you for this recognition and thank you for your contribution to our country and the people around you.

Yours sincerely,

**Karlie Brand**

CEO, National Australia Day Council





## 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](mailto:crksg@shout.org.au), your contact details and the bank transfer receipt. We will then send you a tax receipt.

Canberra Region Kidney Support Group

CRKSG  
PBox 5051  
Garran ACT 2605

Phone: 02 6290 1984  
E-mail: [crksg@shout.org.au](mailto:crksg@shout.org.au)  
Web: <http://www.crksg.org.au>