



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

Thursday, 14th March

From 10:30 to 12:00

Hellenic Club Coffee Shop

Matilda St, Woden

(Club membership preferred but not compulsory)

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.

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## KHA — Kidney Health Week Campaign

Kidney Health Australia is launching a campaign to support Kidney Health Week (8<sup>th</sup>-14<sup>th</sup> April, 2019), which centres around the concept “I didn’t know...” and **we are calling for people living with kidney disease to share their kidney story.**

We want to know your journey with kidney disease, the biggest challenges you face and how it has impacted yours, and other’s lives. We invite you and your support group members to share your story on our Kidney Health Week website once the campaign goes live on the 26 March 2019. Once you sign up, you will receive a log-in so you can upload your story to the website.

This page is dedicated to the kidney community sharing their experiences to raise awareness and funds for kidney disease prevention, and provides a space to connect with other individuals who have shared experiences.

By sharing your authentic and real story of kidney disease, your voice can help to raise awareness of early detection, highlight the importance of getting tested and understanding the risks of kidney disease.

You can also choose to support this campaign by helping to raise the vital funds needed to support research into early detection, better quality treatment options, and maybe someday a cure.

If you would pre-register to be a part of this campaign, **please contact [info@kidney.org.au](mailto:info@kidney.org.au) or call 1800 454 363 for more information.**

## AUSTRALIAN CHRONIC DISEASE PREVENTION ALLIANCE



### New data highlights social inequalities in chronic disease

1 February 2019

**New data from the Australian Institute of Health and Welfare shows that the gap between the lowest and highest socioeconomic groups continues to widen for heart disease, stroke, diabetes and chronic kidney disease.**

Rates of heart attack and stroke increased with socioeconomic disadvantage, as did the number of people living with diabetes or chronic kidney disease.

Chair of the Australian Chronic Disease Prevention Alliance Sharon McGowan said that the data revealed stark inequities in health status amongst Australians.

“While there have been some improvements in recent years, these are not reflected across the board. Lower levels of income, education, housing and socioeconomic area are all aligned with poorer health,” said Ms McGowan.

Heart attack rates were more than 1.5 times as high in both males and females from the lowest socioeconomic areas compared to the highest, while deaths from chronic kidney disease were at least 1.6 times as high. Diabetes deaths were more than 2 times as high in the lowest socioeconomic areas compared to the highest.

Heart attack, stroke, diabetes and chronic kidney disease share similar risk factors and interact to increase risk. Unhealthy weight and poor diet are higher in areas of socioeconomic disadvantage, and the built environments in these areas often promote unhealthy choices.

The Australian Chronic Disease Prevention Alliance is calling on the Government to target these health disparities by increasing the focus on prevention and supporting targeted health checks to proactively manage risk.

“Government investment is essential to encourage health checks, improve understanding of the risk factors for chronic disease, and implement policies and programs to reduce chronic disease risk, particularly in areas of socioeconomic disadvantage,” said Ms McGowan.

#### Lena Pearl Edwards

Passed away peacefully on 22 February  
2019

Lena was the wife of our member  
Neil Edwards

Our most sincere condolences

### 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>





# From the KHA Summer Newsletter

## IMPROVING KIDNEY HEALTH WITH EDUCATION

*Primary care professionals have the power to significantly improve health outcomes for people living with chronic kidney disease (CKD), and reduce the burden of the disease on the community.*

Kidney Health Australia's Primary Care Education Program provides a suite of education and resources for health professionals to increase awareness and implementation of best practice detection and management of CKD.

The world-class program is offered in a range of formats and includes readymade education (such as PowerPoint presentations), sourcing a local presenter, providing accreditation on request and supplying supporting and complementary resources. Workshops and learning modules are flexible and can be run face-to-face, for groups as small as 10 and as large as 100, ranging from intimate practice meetings to large conferences. Primary care professionals can decide which package suits them best. Modules are accredited for Continuing Professional Development with The Royal Australian College of General Practitioners (RACGP), The Australian College of Rural and Remote Medicine (ACRRM) and Australian Primary Health Care Nurses Association (APNA).



## Kidney Health for Everyone Everywhere

With the increasing burden of kidney disease and the need for prevention and management strategies worldwide, it's fitting that this year's theme is 'Kidney Health for Everyone Everywhere'.

14<sup>th</sup> March 2019



# Save the date

Kidney Health Week

8 –14 April, 2019

# Game-changing Service for Disability Telecommunication Access Launches

The service, hailed an Australian first, was officially launched on Tuesday by the Australian Communications Consumer Action Network (ACCAN) and will provide information via a hotline and interactive website about the accessibility features of fixed and mobile handsets, tele-typewriters, and the accessories which make them usable for people with disability.

The project was funded by the National Disability Insurance Agency (NDIA), and Wayne Hawkins, ACCAN director of inclusion, said it demonstrated the agency understood how this issue affected people with disability.



“We’re pleased that the NDIA understands the significance of this project in assisting Australians with disability to be able to utilise telecommunications to enable greater participation in all aspects of Australian life – economic, social, and cultural and community,” Hawkins said.

“This will provide an opportunity for people with disability to get connected in the same way as everyone else.”

The program is run through the Information on Disability Education and Awareness Service’ (IDEAS) website and call centre.

IDEAS CEO Diana Palmer said disability access to technology was an issue people without disability rarely considered.

“It may be a surprise to many people who live without disabilities that accessing truly accessible telecoms hardware and software is very complex,” Palmer said.

“While apps and screen modifications on smartphones can be of some assistance to people with disability, these specifications may not be right for people with particular mobility, sensory, and memory or cognitive conditions.”

She said IDEAS was excited to offer people with disability up-to-date, independent resources for the first time ever.

“This is a momentous undertaking, as it marks the first time that people with disabilities will be able to engage with a resource to help them determine exactly what they want from their telecommunications products,” she said.

Last year, the Australian Human Rights Commission launched a consultation on the intersection of human rights and technology, and found a need to better design technology with a focus on accessibility.

And in 2016-17, close to 40 per cent of all complaints made to the commission were lodged under the Disability Discrimination Act, with a third of those related to goods and services, many of them new technology.

Disability discrimination commissioner Alastair McEwin said the new service had the potential to provide the missing information the disability community needed to feel more connected.

“It is so important that we facilitate connectedness and participation across our communities, and creating accessible communications are essential to that,” McEwin said.

ACCAN said while it currently couldn’t provide information on accessible tablets and mobile apps, expanding the service was on the horizon.

**First published by Pro Bono News.**

## Sausage Sizzle at Bunnings — 17 February & 3 March



### Sausage Sizzle 17<sup>th</sup> February & 3<sup>rd</sup> March

The Group has recently held two very successful sausage sizzles at Bunnings Tuggeranong on February 17<sup>th</sup> and March 3<sup>rd</sup>.

Raising funds enables us to provide assistance to those with difficulties in meeting costs resulting from their treatment.

Requests for assistance will normally be arranged in conjunction with the Renal Unit Social Worker but may also be arranged through the head nurses of the dialysis units.



## Diary

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

### . All welcome

Meeting dates for 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.

## Memorial Services for Deceased Patients

There is a move afoot to hold memorial services to celebrate renal patients who have passed away. These would likely be held at/by dialysis centres and include patients, families and staff.

Ideas for such a service are being sought. With this in mind we are asking you for your input.

Would you see a service as beneficial? Y/N

If so, do you have any specific thoughts on what might work well? Eg. What will it include? What have you seen elsewhere that you liked and think would be meaningful in acknowledging renal patients and the relationships that form?"

If you have any suggestions, could you please let us know by the most convenient means for you. By email at [newsletter@crksg.org.au](mailto:newsletter@crksg.org.au), or post at PO Box 5051, Garran ACT 2605

## Eurobodalla Renal Support Group

### **"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.

Australian Organ Donor Registration forms available. And then —

***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](http://www.donatelife.gov.au) and Kidney Health Australia. [www.kidney.org.au](http://www.kidney.org.au)***

*Brad & Lorae Rossiter.*

*Co-Chairs & Founders.*

*Organ Transplant Recipient- Kidney & Pancreas.*

*2012 Eurobodalla Shire citizen of the Year*

*M- 0458534470*







## 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

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Garran ACT 2605

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