



Canberra Region Kidney Support Group

Kidney News

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

PICNIC

The Group is considering holding a picnic sometime in February. Very likely to be held at the Stromlo Cottage on Cotter Road in the Molonglo Valley suburb of Coombs.

What do readers think of this and would you be likely to attend? Please let us know via email at newsletter@crksg.org.au.

We would be more than happy to hear any ideas for social gatherings for renal patients, their families and friends.

In this issue:

PICNIC	1
Renal Morning Teas	1
Dialysis Abroad	2
Mini Pavlovas with Mixed Fruit and Toasted Coconut	3
Kidney Transplants	3
How can the Canberra Region Kidney Support Group (CRKSG) best help Patients, Carers and families?	4
Diary	5
Eurobodalla Renal Support Group	5

Renal Morning Teas

Come and Join us on
Wednesday 11th December
 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.

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

Enquiries please contact:

John (0450 962 155)

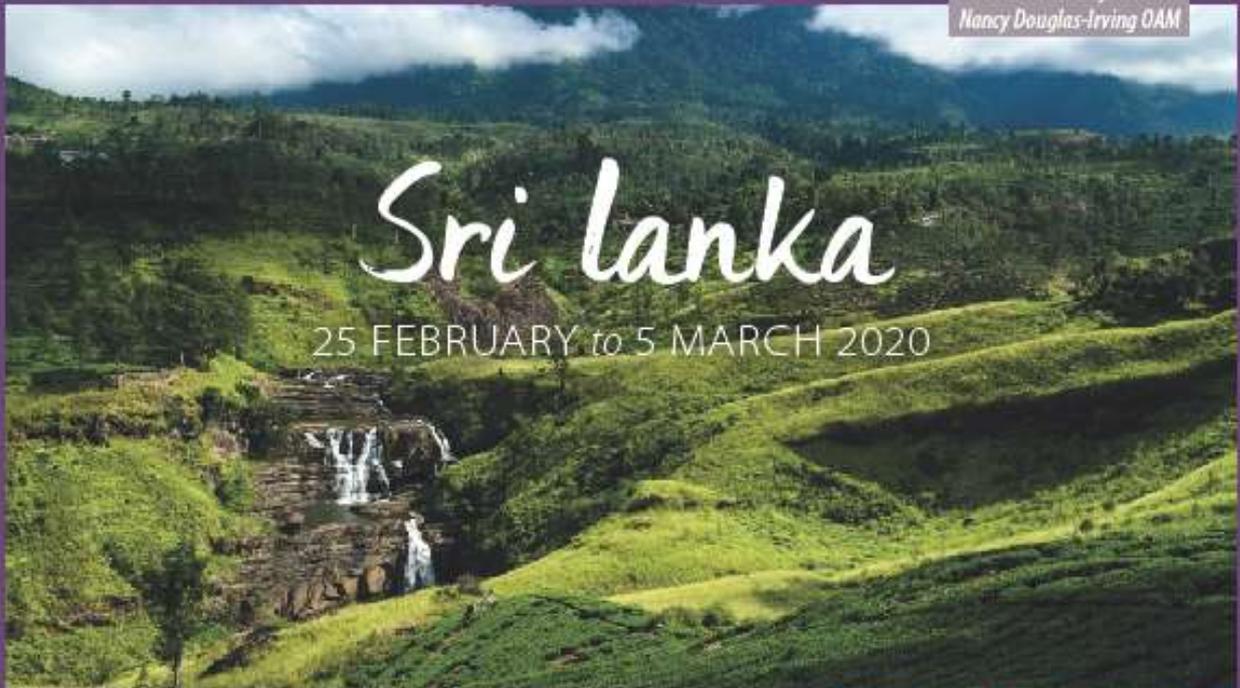
Yvonne (0432 831 475)

\$4960.00*

Per person twin share
INCLUDES AIRFARES



Hosted by
Nancy Douglas-Irving OAM



Sri Lanka

25 FEBRUARY to 5 MARCH 2020

Starting our journey in Negombo, This bustling, fishing town on the west coast of Sri Lanka (and close to the Bandaranaike International Airport), had a rather turbulent colonial history involving the Dutch, Portuguese and British due to the cinnamon trade. In fact, the wild cinnamon that grew in the region was described as 'the very best in the universe as well as the most abundant'. The remnants of this colonial period remain with the strong Catholic Church influence in the town. The Negombo Lagoon and the many canals offer superb birdwatching, the town's Old Quarter is worth a visit, and the community is friendly and welcoming.

The second major city in Sri Lanka (the other being Colombo) lies in the midst of the Kandy Plateau, an area of tropical tea plantations. A prominent feature is Kandy Lake, to the north of which lies the golden-roofed Temple of The Tooth, a UNESCO World Heritage Site and important place for Buddhist worship, as it is said to house a tooth relic of Buddha. Other fascinating places include the Ceylon Tea Museum, the Buddhist Publication Society, the Kandyan Art Association and Cultural Centre, where crafts people can be seen at work, and the Kandy Muslim Hotel, which offers the finest spiced curries served with naan or rotti.

Pronounced 'gaw' in English, Galle is the best example of a walled city built by the Portuguese in South Asia in the 16th Century. It was extensively fortified by the Dutch in the 17th century. When you enter the old city gates of this World Heritage Site you can't help but notice the grand colonial houses and boutique shops and of course the beautiful beaches on the fringes of town. Attracting many luxury travellers from around the world, the town is also a favourite with cricket fans who rate the Galle International Stadium to be one of the most picturesque cricket grounds in the world.

TOUR INCLUSIONS

- International Airfare ex Melbourne, Sydney, Perth or Brisbane with Singapore Airlines & Silk Air (Economy)
- Accommodation on twin sharing bed and breakfast basis.
- All rooms have walk in showers
- Arrival /departure transfers and land transportation using an aircon suitable vehicle.
- Service of an accompanying English Speaking Guide.
- Group host
- Entrance fees to Peradeniya Botanical Garden and Kandy Temple of the tooth/Cultural show.
- Lagoon boat ride.
- 2 Bottles of Water daily during tour.
- All transfers as per itinerary



*Conditions Apply. Prices include and exclude Australian Dollars. Costs associated with delays, treatment, travel insurance or items of personal nature are not included. To ensure that Dialysis Abroad bookings are completed upon payment of the deposit, travel arrangements can not be confirmed until the deposit is received. Bookings will be automatically cancelled without booking fees. A non-refundable deposit of \$1,200 per person is payable immediately upon booking. We can also provide travel insurance.

1300 978 466

or email info@dialysisabroad.com.au
for bookings and a detailed itinerary



Mini Pavlovas with Mixed Fruit and Toasted Coconut

INGREDIENTS - Serves 8

- 4, 1cm thick slices Bethonga Gold pineapple, cut into chunks
- ½ Mini Me® yellow seedless watermelon and/or Mini Me® red seedless watermelon, cut into chunks
- ½ Bethonga Jazz rockmelon (green) and/or Bethonga Harmony rockmelon (salmon), cut into chunks
- 4 egg white
- 220g (1 cup) caster sugar
- 1 tsp vanilla essence
- 2 tsp cornflour
- 1 tsp white vinegar
- 1 passionfruit
- 300ml whipping cream
- 30g (1/3 cup) desiccated coconut



METHOD

1. Line 2 baking sheets with baking paper and draw 8 10cm circles on them. Turn paper over. Preheat oven to 150°C (300°F/Gas 2).
2. Put egg white in a clean, grease-free bowl and whisk using electric beaters until soft peaks form.
3. Gradually add sugar, a tablespoon at a time, whisking well after each addition to ensure sugar dissolves, until mixture is thick and glossy. Fold in the vanilla essence, cornflour and vinegar.
4. Spoon mixture onto circles, flattening them slightly. Reduce oven heat to 140°C (275°F/Gas 1). Bake for 1 hour. Turn oven off. Leave for a further 1 hour with door ajar.
5. Meanwhile, scoop pulp from passionfruit and push through a sieve to remove seeds.
6. Whip cream until soft peaks form, then fold in passionfruit juice. Chill until needed.
7. Heat a dry frying pan over medium-high heat. Add coconut and cook, shaking pan constantly until coconut is golden. Remove from pan immediately.
8. Top each meringue with cream and fruit and scatter with toasted coconut. Use within 30 minutes.

NUTRITION

Nutrient	Per serve
Energy (kJ)	829
Protein (g)	3
Fat - Total (g)	6
Carbohydrate - Total	37
Sodium (mg)	35
Potassium (mg)	137
Phosphorus (mg)	23

Thanks to Perfection Fresh for supplying this recipe.

Kidney Transplants

From KHA 'Your Kidney Newsletter — Spring 2019 Edition'

A kidney transplant allows for a more active life without needing dialysis. It is a treatment for end-stage kidney disease but it is not a cure and requires ongoing care. In the event that a kidney transplant stops working, dialysis treatment will be necessary again or another transplant.

Kidney transplants in Australia are quite successful with 95% of transplants still working one year later and around 40% still working 15 years later. Some people, such as Glenis (our feature story) have had transplants last more than 30 years.

Kidneys can be donated by living donors (often a family member or friend) or deceased donors via the transplant waiting list.

The Process

Before being placed on the kidney transplant waiting list, potential recipients need to undergo tests to identify if they are a suitable candidate for transplant. These tests are often called the 'transplant work-up'. Individuals wanting to be a living kidney donor will go through a similar work-up to the person receiving the kidney.

The Australian Paired Kidney Exchange Program (AKX Program) identifies matches between transplant recipients and living donors, enabling living kidney donors that aren't a match for you to donate. For more information visit DonateLife.gov.au



How can the Canberra Region Kidney Support Group (CRKSG) best help Patients, Carers and Families?

The CRKSG comprises people with similar experiences who have some understanding of what renal patients and their carers are going through because they are going through it themselves. Many of us also have other chronic conditions.

The most popular activity is the monthly morning teas which are held at the Hellenic club in Woden. Much enthusiastic, informal, social interaction occurs at monthly morning teas. It was at the morning teas, years ago, that I met with people like myself who knew that I was experiencing some trepidation with my deteriorating renal condition and the need for dialysis. I still remember being told things that were a great help to me. At times my husband, John, who is my carer, and I have problems coping with my deteriorated health. We have both found the morning teas at the Hellenic Club very enjoyable, informative and supportive. John enjoys meeting other carers who face similar challenges to him, although he primarily comes along to support me, so he says, and have a free cup of coffee! We still, always enjoy these morning teas and mostly have one-on-one conversations. It is impossible to hear a conversation around the whole table. Sometimes we change chairs to have a talk to different people.

An impromptu extraordinary committee meeting of the CRKSG was held last Tuesday night and it was decided that we will conduct a survey to find out what kind of support or activities patients, carers and

(Continued on page 5)

Diary

The next meeting will be held at 100 Heagney Cres. Chisholm on Tuesday 14th January 2020 at 7:00pm.

All welcome

2020 Renal Morning Teas at Hel-
lenic Club, 10:30 to 12:00
To be advised

How can the Canberra Region Kidney Support Group (CRKSG) best help Patients, Carers and Families?

(Continued from page 4)

families would like from the group. It will also ask about the barriers for people to attend meetings, morning teas or other activities, for example, timing, lack of mobility or transport.

The committee have agreed it would be great to have a get-together lunch/party late in February for all patients, carers and families who are affected by kidney disease in their life. See notice in this newsletter.

The survey, will be held early next year. In the meantime if you have any suggestions or questions or expertise in writing surveys, please contact myself, Yve (Yvonne) on 0431 831 475 or Paula on 0429 926 858.

If you would like to contribute your knowledge or expertise in any other way please contact us. Contributions to put in the newsletter are always welcome too. Information on courses or counselling services that have helped you, or personal stories of your own experience with kidney disease are very welcome.

Contributions for the newsletter are also very welcome. Please email these to John. Email: crksg@shout.org.au

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 and Kidney Health Australia. www.kidney.org.au

Brad & Lorae Rossiter.

Co-Chairs & Founders.

Organ Transplant Recipient- Kidney & Pancreas.

2012 Eurobodalla Shire citizen of the Year

M- 0458534470





Merry Christmas



*From the
President and Committee
And
Wishing you all the best for the coming year.*

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.



Canberra Region Kidney Support Group

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