

Canberra Region Kidney Support Group

# Kidney News

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

**Member**



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## Renal Morning Teas

Come and Join us on  
Wednesday, 16th 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.

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)

## Community invited to help develop the ACT's Disability Health Strategy

People with disability, families, carers and service providers are invited to join the ACT Disability Health Strategy steering committee to help shape the future of health services for Canberrans with a disability.

Minister for Health Rachel Stephen-Smith said the committee will play an instrumental role in planning for lifetime health services that meet the diverse needs of Canberrans with a disability.

“The ACT Government is committed to ensuring Canberrans with a disability can access quality health services where and when they need them, and we know this important work must be driven by those with lived experience.

“Whether you're a person with disability, a carer or family member, community representative or

*(Continued on page 2)*

### THOUGHT FOR THE DAY

DOCTOR: I don't like the look of your husband.  
WIFE: I don't either but he's good to the children.  
Joke inside Sainsbury's Christmas cracker, 1984

## Community invited to help develop the ACT's Disability Health Strategy

*(Continued from page 1)*

industry sector stakeholder, ACT Health would value your insights and ideas about how we can improve health services for Canberra with a disability.

“Phase One of the Disability Health Strategy project was recently completed, with the development of a background paper and a stakeholder workshop and listening report.

“The Steering Committee will help guide the project through its next phase – development of the Strategy itself and its First Action Plan,” Minister Stephen-Smith said.

To express your interest in joining the ACT Disability Health Strategy steering committee, or to sign up to be an ally of the project and receive regular updates, visit [www.health.act.gov.au/act-disability-health-strategy](http://www.health.act.gov.au/act-disability-health-strategy).

Expressions of interest close on Friday 25 February 2022.

Steering Committee members and the allies of the project will be remunerated as per ACTHD's Consumer, Carer and Community Representative Reimbursement Policy.

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## Update - Managing Omicron variant in ACT hospitals

**A short missive from Darlene Cox (she/her), Executive Director, Health Care Consumers' Association Inc, that you might find interesting.**

Happy new year – and welcome (back) to the COVID rollercoaster!

You may have seen in the media that there are changes to the way hospitals are managing Omicron. Canberra Health Services has added some additional news about managing omicron variant in ACT hospitals and this is pinned to the homepage: <https://health.act.gov.au/>

More information is online here: <https://health.act.gov.au/news/managing-omicron-variant-our-hospitals>

I have been working through Xmas and New Year and it has been good to be able to provide a consumer perspective on the ACT clinical response to COVID. I'm around in January and continuing in my consumer and NGO Liaison role with CHECC. Please contact me if you need support with COVID related questions and.

The HCCA office opens (virtually) on Monday and there will be more HCCA staff back from leave. We will be working from home in January. We had planned for this before we closed for Xmas so thank goodness we cleaned the fridge out and took our plants home!

In the meantime, stay safe. And you might find this fact sheet from Queensland useful “Prepare a Get COVID-Ready Kit” – we have been advocating for a similar thing for the ACT [https://www.qld.gov.au/\\_data/assets/pdf\\_file/0016/230605/covid-ready-kit.pdf](https://www.qld.gov.au/_data/assets/pdf_file/0016/230605/covid-ready-kit.pdf).

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## 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://www.donatelife.gov.au/register-donor-today>



# Corn & Chive Bubble Pikelets

## INGREDIENTS - Makes 20

- 1 cup self raising flour
- 2 eggs, lightly beaten
- 1 cup (250ml) skim milk
- 2 cups of Kellogg's® Rice Bubbles®
- 310g can corn kernels
- 2 tbsp chopped fresh chives
- ¼ cup grated cheese



## METHOD

1. Whisk flour, eggs & milk in medium bowl until smooth.
2. Stir in Kellogg's® Rice Bubbles® & remaining ingredients.
3. Drop 2 tbsp mixture into heated non-stick pan; allow room for spreading between pikelets.
4. Cook until lightly browned on other side.
5. Suitable to freeze.
6. Not suitable to microwave.
7. Can be made a day ahead; keep refrigerated.

## NUTRITION

Nutrient	Per serve
Energy	278
Protein (g)	3
Fat—Total (g)	1
Carbohydrate - Total (g)	11
Sodium (mg)	139
<b>Potassium (mg)</b>	<b>60</b>
<b>Phosphorus (mg)</b>	<b>91</b>

Thanks to Kellogs  
for supplying this recipe.

## NSW Donor Families Australia (DFA) Gathering

### NSW DFA Donor Family Gathering

Our inaugural gathering is open to all Donor Family members and their family and we are extending an open invitation to Donor Families outside of DFA the opportunity to attend. The gathering will enable fellow donor families to meet with one another, to share their stories or just listen to others, as well as hearing what activities DFA will be involved in during 2022 and the support DFA provides.



**Date:** Sunday 27th February 2022

**Attendance confirmation:** by Monday 21st February

**Venue:** Dooleys Regents Park Sports Club right in the very centre of Sydney.

**Address:** Terrene St Regents Park

**Time:** From 9.30am for a 10am start to 12noon.

**Morning Tea:** on arrival available from Café opposite meeting room

**Lunch:** Available at Bistro from 12noon

**Parking:** On-site parking is available

**Public Transport:** Regents Park Railway Station is 450m walk to Dooleys Regents Park Sports Club

**Dooley's condition of entry:** Guests are required to be double vaccinated or can provide a medical exemption. Check-in requires registering using the NSW Government QR code. Masks are requested to be worn until one is seated. While within the RP Regent Room the 2m2 rule will apply. Children under 16 years are to be accompanied by an adult.

**Overnight Accommodation for country members:** Regents Park Hotel/Motel (3 Star), 2A Amy St, Regents Park NSW 2143 • (02) 9644 2291 (\$101 per night)

For further information and confirming attendance please email [donorfamiliesaustraliansw@gmail.com](mailto:donorfamiliesaustraliansw@gmail.com) or Graham Harrison: 0421 697 048.

## Organ and Tissue Donation if you have lived in the United Kingdom

**There is a myth that having lived in the United Kingdom you cannot be an organ donor.**

The determining factors are where and how a person dies, and the condition of their organs and tissue including consideration of the deceased's age and medical history. If you're willing to save lives as an organ donor join the Australian Organ Donor Register today and discuss it with your loved ones.

For those who lived in the UK between the years 1980 to 1996 for more than six consecutive months can still be an organ donor, however, at the moment you are not able to donate blood or tissue due to a risk of passing on Creutzfeldt-Jakob disease (mad cow disease).

Visit the Donate Life website at <https://www.donatelife.gov.au/about-donation/myths-and-misconceptions> for answers to many more myths and questions.



[www.jasonpruett.com](http://www.jasonpruett.com)

## Diary

<p>Meeting date, times and places will be notified as they become available.</p>	<p>2022 Renal Morning Teas at Hellenic Club, 10:30 to 12:00</p> <p>16 February 17 March 13 April 12 May 15 June 14 July 17 August 15 September 12 October 10 November 14 December</p>
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The  
Eurobodalla Renal Support Group & Organ Donor Awareness  
proudly presents their biggest ever NSW South East Coast Community Organ Donor  
Registration Drive.



Where- Bridge Plaza Batemans Bay  
When- Friday 11 February 2022  
Time- 10am to 2pm

There are around 13 million Australians aged 16+ who are eligible to register as an organ and tissue donor – but haven't. Our goal is to encourage up to 20,000 more Australians to join the Australian Organ Donor Register. By registering during the biggest ever NSW South East Coast Community Organ Donor Registration Drive you can help make this happen.

East Coast Radio 2EC will be "Live n' Local" from The Bridge Plaza Batemans Bay with Kimmi Saker on location- tune in or live stream.

You can register at the Bridge Plaza, it's quick & easy bring your Medicare Card, it only takes about 1 minute- The Tec Exec will be there to assist you.

If you can't make it to The Bridge Plaza Batemans Bay simply scan this QR Code  
fill in the online form, have your Medicare card ready.

Remember, once you have registered make sure you tell your family of your decision to be an Australian organ donor.

There will also be plenty happening on the day including Southern NSW Local Health District representatives, Donate Life information & give-a-ways, special guests, but the most important person to see there is you!

MYTH: Only young and healthy people can be donors.

FACT: Age is not a barrier – people over 80 have become organ and tissue donors..

MYTH: Religions don't support organ and tissue donation.

FACT: All major religions support organ and tissue donation and the ultimate gift of giving.

For more details contact Brad Rossiter OAM

*"Thank you to everyone who has registered as an Australian organ donor & Thank you to all the family members that know your decision"*

*We recognize & thank the following for their support*

Donate Life | East Coast Radio 2EC | Eurobodalla Shire Council & The Village Centre & Bridge Plaza.



## MEMBERSHIP APPLICATION/RENEWAL

Canberra Region Kidney Support Group Inc  
PO Box 717 MAWSON ACT 2607.  
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.



CRKSG  
PO Box 717  
MAWSON ACT 2607

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