The Renal Messenger

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SPRING

This issue has been funded by The Community Organisations Grants Scheme
From the Editors Desk...

Once again we seem to be are flying through the year and a warm spring with some of that gentle spring rain rather than a sudden deluge would certainly be welcome after a rather patchy autumn.

Since the last edition of the Renal Messenger we have held our AGM and elected a number of new committee members, planned a spring fundraiser, received, with thanks, a $10,000 donation from the Canterbury Community Trust and a grant of $811 from the Mainland Foundation, finalised this year’s sales of the Entertainment Books with a profit of $1,051, been involved in the Kidney Information Forum for Canterbury and planted the garden at the front of the KIC. We have also gained a new KIC volunteer welcoming Jeanette Jones to the team. On the losses side we said farewell to our long serving, generous and efficient treasurer, June Shaw, who has retired to reclaim a little more time for some relaxation along with a myriad of other demands which continue to keep her fully occupied. We will also shortly be saying farewell to HDTC manager and CKS committee member, Adrian Buttimore who retires on September 14th after over 4 decades of service— more about that next issue and to nephrology social worker, Carol Woolf.

The CKS Christmas party is on the horizon and we are again seeking donations suitable for the raffle, chocolate wheel and sales table. More specific information can be found in “Snippets” on page 21.

A few dates for your diaries:

CKS Quiz afternoon Fundraiser - Sunday October 14th, 4.00pm  
Robbie’s Elmwood

CKS Pot Luck Lunch - Friday October 26th - Travel Insurance Options

CKS Annual Christmas party 2012 - Sunday November 25th

Keep well, keep smiling,
Kate
Quiz Afternoon Fundraiser
Sunday 14th, October
4.00pm
$10.00 per person
Venue: Robbie’s Bar & Bistro,
Elmwood Corner of Normans &
Wairakei Roads by the Railway Tracks

Meal & Entertainment?
If you book in to Robbie’s for a meal before or after the Quiz, Robbie’s will donate to the CKS, 15% of the total spent on food from any of their menus.

Make up a team (and a team name)
Encourage your family, friends or work colleagues to participate.
Team numbers of 4 to 6 - Don't miss out!
Phone 379 5529 or email c.ks@xtra.co.nz with your entry.

Raffle & Quiz Prizes
I am pleased to present the Annual report for the Christchurch Kidney Society. Despite another year of disruptions, the Society has continued to provide much needed support to its members and the local renal community.

Certainly a highlight for our members was the annual Christmas Party. Held once again at The Woolston Club, attendance was high, with around 300 people enjoying the festivities. For the children the day was filled with entertainment and activities and of course a surprise visit from Father Christmas. The place was a buzz of chatter, excitement around the chocolate wheel and June Shaw’s plant and produce table attracted many pleased customers. The ice cream machine ran hot all day and the meal was well received. All-round, a wonderful day.
In October the committee held a Garden Visit fundraiser. Although many gardens had taken a battering with the late snow, this year’s hosts presented an excellent standard of garden. Many thanks to, June Shaw, her husband Ian, the committee and the property owners, for making this a successful day.

On the 5th of September the C.K.S. had a change of premises. Now in comparative luxury at the new Antigua St office, field officer, Kate Hay and field worker, Viv Smith (appointed in July) are able to work without having to share the same desk and seating. The space reserved for members and the public to drop in for information or a chat at the centre is light bright and welcoming. Activity at the office continues as usual with an extension of our service to visiting the Pediatric ward renal patients.

Without our volunteers at the KIC we could not function as well as we do, we acknowledge their contribution and thank them very much. Thanks also to the hospital medical affiliates whose continued support is vital to our society being successful.

This year we have been fortunate to receive financial assistance from COGS, the Canterbury Community Trust and the Lotteries Community. These are necessary for our continued level of service, helping provide salaries and continued running costs for our society. Thank you to these organizations for their generous support. We have also received a donation from the Lions Clubs of New Zealand which we administer on their behalf to assist local Children with CKD.

Affiliated with the C.K.S is the C.K.S Graeme Cox Youth Education Trust, which is beginning to provide additional support to our younger members by giving grants for educational purposes.
June Shaw Retires after 16 years as CKS Treasurer: An address by Deanne Dowding

It is hard to believe that the day has finally arrived when you are retiring and we are farewelling you from the committee. All your years of dedication and hard work for the Society will always be remembered and we will miss you. Records tell us that you have been Treasurer since 1996, thank you for doing such a great job of being our money lady, balancing the books, always ready with a float when we need it and accepting cash and cheques with your trusty receipt book in hand.

June’s background of course is nursing. Her personal experience with dialysis and as a transplant recipient has been huge part of her life; however she has not let this stand in her way and always been ready and willing to get involved and help in any way she can.

Her achievements are many; June was one of the main movers behind the replacement funding for the second CKS Mobile Dialysis Unit; she is a representative on the CDHB Consumer Council; was a member of the group consulted for the current Home Dialysis Training Centre and is a Consumer Council representative on the CDHB Clinical Board. In 2008 June received a civic award for services as a volunteer as nominated by Jo Houghton. June is also legendary for her Garden Tours, a fabulous day for all and wonderful fundraiser for the Society. One of her latest fundraising efforts involves selling plants at a regular weekend market; she has done this for some time at no cost to the Society and raises a considerable amount of money.

June has accomplished all this with the help and support of her husband Ian and for that we sincerely thank them both. Now it is June-time and we all wish her the greatest happiness in enjoying it.
# Christchurch Kidney Society Inc.

## Statement of Financial Performance General Account for the Year Ended 31 March 2012

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<tr>
<th></th>
<th>2011</th>
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<td>- The Canterbury Community Trust</td>
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<td><strong>Total Revenue</strong></td>
<td>39,756.12</td>
<td>56,152.67</td>
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**Less EXPENDITURE**

| Administration               |            |            |
| - Rent of Premises/Carparks  | 1,600.14   | 3,576.09   |
| - Telephone                  | 1,193.95   | 1,347.01   |
| - General                    | 2,354.06   | 2,987.54   |
| Care Packs                   | 2,163.59   | 1,911.23   |
| Entertainment Books          | 3,714.49   | 2,260.80   |
| Field Officer                | 21,058.35  | 18,323.41  |
| Field Worker                 | 4,140.60   | 4,800.00   |
| Newsletter - Printing & Postage | 2,037.97  | 2,553.53   |
| Other Patients Support       | 473.64     | 84.21      |
| Society Expenses/Functions   | 3,422.82   | 4,121.31   |
| Youth Support (Lions Clubs of NZ) | 124.16   | 4,550.34   |
| Mainland Foundation Refund   |            |            |
| Transfer to MDU Account      | 1,000.00   |            |
| Transfer to CKS Graeme Cox Education Trust | 39,695.00 |            |
| Depreciation                 | 214.00     | 222.00     |
| **Total Expenses**           | 83,192.77  | 46,737.47  |

**Net Surplus/(Loss) for Year**

| Loss asset writeoff          |            | 417.00     |
| NET PROFIT/(LOSS) GENERAL ACCOUNT | -43,436.65 | 8,998.20   |
| NET PROFIT/(LOSS) MDU ACCOUNT | -4,415.98  | -5,458.87  |

**Net Surplus/(Loss) for Year**

-47,852.63
### Christchurch Kidney Society Inc.

#### Statement of Financial Position

**as at 31 March 2012**

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<th>2011</th>
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<tr>
<td><strong>TOTAL LIABILITIES</strong></td>
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<td><strong>NET ASSETS</strong></td>
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**Represented By :-**

- **Accumulated Funds**
  - Opening Balance: 140,237
  - Net Surplus for Year: (47,853)
  - Total: 92,384

**Total:** $92,384
Note: At the committee meeting held on Wednesday 18th July, the Committee appointed Deanne Dowding from the committee to the vacant position of CKS Treasurer and thanked her for her commitment to the task.
The Minister of Health commits more money to support kidney transplantation

For people with end-stage kidney disease a kidney transplant is often the best treatment. When compared to dialysis, particularly expensive centre dialysis, transplants are cheaper and patients live longer with a better quality of life. Unfortunately, New Zealand’s organ donation rates are low and most people wait several years to receive a deceased donor transplant. Some people have the opportunity to receive a kidney from a living donor but assessment of the donor and recipient can take several months and some people don’t know where to go for information.

The National Renal Advisory Board (www.moh.govt.nz/nrab) and Nick Polaschek from the Ministry of Health have been working on ways to address these issues.

The following Five Point Plan developed by the NRAB was presented to the Minister of Health, Tony Ryall in late 2011.

1. Trying out increased support at the three transplant services for staff to support patients and their families contemplating living kidney transplantation.
2. Putting in place a scheme to meet 80% of live donor’s lost incomes as a health programme.
4. Funding live renal transplantation as a national service.
5. Make increasing live renal transplantation one of the Government’s health priorities for the next three years.
The Minister has responded positively by announcing an extra $4 million in funding over the next four years “to encourage more organ donations”. The investment is:

- $2 million to increase training and support for intensive care health professionals to identify dying patients who might become donors – and give greater support to their families.
- $1.75 million to increase live organ donation, by employing dedicated staff who can support and guide family and friends while they make the decision to become donors.
- $250,000 to explore the option of establishing a national donor exchange scheme.

This money will be managed by the Ministry of Health. Soon the Ministry will be seeking applications from health groups who have ideas as to how the NRAB and the Minster’s aim to increase transplant rates can be achieved.

The NRAB is working with the National Health Board to develop a national scheme for kidney transplant funding to ensure fairness and equity of access for all New Zealanders.

Fair reimbursement of live donors’ expenses remains to be addressed.

If you have any ideas about how the extra funding could be used, please don’t hesitate to contact the staff at Kidney Health NZ.

*Chronic kidney disease is common, harmful and treatable.*

Professor Kelvin Lynn, Medical Director of Kidney Health New Zealand
Telephone: 03 353 1242       0274-376-542
kelvin.lynn@cdhb.govt.nz
www.kidneys.co.nz          0800 KIDNEY (543 639)
Farmhouse Soup - Serves 6

2 large onions, diced
2 sticks celery, sliced
1 large carrot, sliced
¼ cup oil
½ tsp dried thyme or 1 Tb chopped fresh thyme
½ tsp dried marjoram or 1 Tb chopped fresh marjoram
2 cloves garlic, crushed
800ml stock or water
1 cup split red lentils
1/3 cup chopped parsley
6 medium tomatoes, blanched skinned and diced or 1 can peeled tomatoes, chopped
¼ cup sherry
Salt and pepper to taste
Parmesan cheese to garnish

Method
Saute onion, celery and carrot in oil for 3 – 5 minutes in a large saucepan. Add thyme, marjoram and garlic and sauté for another minute. Add stock, lentils, parsley and tomatoes. Cook, covered, until lentils are tender. Add sherry and seasonings to taste. Serve in bowls and garnish with finely grated Parmesan cheese.

I serving contains the same potassium content of a medium banana, 11 – 12 mmol.
**Summer Vegetable Soup** - Serves 6

2Tb olive oil  
1 large onion finely diced  
2 cloves garlic finely diced  
1 small bay leaf  
1 large carrot, peeled and diced  
1 medium washed potato, diced,  
Kernels from 2 small corn cobs or ½ cup frozen corn  
1 large handful green beans, fresh or frozen  
1 small zucchini  
4 medium low acid tomatoes, blanched, skinned and diced  
4 cups water or half as chicken stock  
Squeeze lemon juice  
Fresh basil leaves

**Method**  
Sauté onion in oil in a large pot.  
Add garlic and bay leaf.  
Add all vegetables except tomatoes. Cook for 5 minutes. Add tomatoes, water /stock.  
Season lightly.  
Simmer for 30 – 45 minutes. Remove bay leaf.  
Add a generous squeeze of lemon. Taste, adjust seasonings.  
Ladle into bowls and serve with freshly chopped basil leaves.

1 serving contains the same potassium value of a medium banana, 11-12 mmol.

- The addition of sherry in the Farmhouse Soup and lemon juice in the Spring Vegetable Soup in addition to providing extra flavour also reduces the need to extra salt.  
- Look for salt reduced stocks in the supermarket.  
- *These soups are not suitable if you need to follow a low potassium diet or restrict your daily fluid intake.*
Dr Suetonia Palmer has been recognised with an A$25,000 (NZ$32,480) Fellowship for her achievements in improving the treatment of people with chronic kidney disease.

Dr Palmer is one of three Australasian women who have each gained a L’Oréal For Women in Science 2012 Fellowship awarded by L’Oréal Australia and New Zealand. It is the sixth year of the Fellowships and the first year they have been open to New Zealand scientists.

A qualified medical practitioner, Christchurch-based Dr Palmer realised that the information available to doctors and patients is often confusing and sometimes wrong. So she and her international colleagues have written a series of practice guidelines (Cochrane reviews) that gives doctors the best information.

Dr Palmer will use the Fellowship to help dialysis patients better prepare for treatment so they can treat themselves at home. “Statistics show us that better prepared patients do better in the long run,” Dr Palmer says. “Patients prefer to treat themselves at home and the cost of doing so is less than half that of hospital treatment.”

“Our focus will be on researching how and when people get their information about treatment options and from this we will be able to develop best-practice guidelines for both patients and their doctors.”

“There is a need to raise awareness of kidney disease among the general population, doctors and policy makers and I believe our research will go a long way to provide new access to the best information.” She says that while dialysis patients learn how to home treat themselves in only a few weeks it is a daunting prospect for most. “So proper training is essential. There’s a big scary machine and patients need to put needles in their arms and it can be overwhelming to some. The L’Oréal Fellowship will advance our research programme because we first need to know what information people are getting, when it is given and how effective it is.”
“My wish is that over the next decade we can give back control of their lives to dialysis patients – so they can be in charge of their own treatment, get back to work and make them feel better.”

Dr Palmer works from temporary facilities in the Christchurch campus of the University of Otago while the city rebuilds. The Garden City is unusual in that historically it has been a leader in kidney disease self-treatment at home so it’s an ideal location to develop the research.

The other two L’Oreal For Women in Science 2012 Fellowships have been awarded to Dr Baohua Jia and Dr Kylie Mason both from Melbourne. Dr Jia is researching more efficient solar cells while Dr Mason, is researching new treatments for blood cancers.

Those who attended the recent Kidney Information Forum for Canterbury were treated to a lively and informative address by Dr Palmer and we can look forward to her forthcoming article in the next Renal Messenger.
The Kidney Information Centre Garden Project

It’s Saturday July 21st and Nine members and friends rejuvenate the KIC Premises garden.

Pictured below: Sara Ford, Noeline Cox, Ian Shaw, Judy Giles, Jo Houghton and Rob Johnston.

Out of picture: Kate Hay, Raewyn and Bob Chatfield.

Thanks to Oderings for donating the trailer and mushroom compost.
Hello to all Renal Messenger readers!!

After much rain this August, spring flowers are emerging around the city of Christchurch. Their presence offers a well needed welcome to the changing sessions and the hope of some nice weather to come. For many families the cold winter months have been a great struggle this year. I am sure we are all ready for the summer months. New growth and the opportunities to be more active; BBQs and socialising with the people we love.

The biggest news, from a personal perspective is that I have resigned from Christchurch Hospital and my position with the Nephrology Department. I do this with great sadness of leaving my fantastic work colleagues, and the many wonderful people I have worked with, in my three plus years in nephrology. I leave for a newly created social work position at Christchurch Diabetes Inc. My new position is part time three days and will allow me to focus my other time on getting my own Life Coaching/Counselling practice up and running. You are all welcome to view my new website at www.integratedtherapies.co.nz

Some of my nephrology clients, who are also diabetic, can still access my services through Christchurch Diabetes Inc. I am hopeful that as part of my new role there we can build relations between kidney and diabetes services provided to our community-being that diabetes is an increasing cause of kidney disease.

My last day is on the 14 September. As of the date I write this (August) my replacement has not been confirmed. Obviously the hospital is trying to get the best person for this important job and I am sure the chosen candidate will bring new enthusiasm and their own flavour to the position. I wish each of you all the very best for your future. I would just like to say, in closing, that so many people I have met with ESKD, have inspired me and taught me about living life! I think you are all incredibly courageous and resilient, both patients and families.

KIA KAHA EVERYONE

Signing off.... Carol Woolf
Nephrology Social Worker, CHRISTCHURCH HOSPITAL
Ph: 03 364 0420 Email: carol.woolf@cdhb.health.nz
Lions Clubs of New Zealand Support CKS Kids

With continued assistance from Lions Club donations the Christchurch Kidney Society has been able to provide practical support for our CKS kids. Recent recipients pictured are Shirley Boys High School student Hayden MacMillan and Southern Regional Health School student Maddy Collins. One of our youngest members is two and a half year old Riley Haywood. He sent us some gorgeous pictures he had created which are now proudly displayed in the CKS office.

Kan Tabz For Kidney Kidz Project

This Newly branded Ruapehu Lions project is aimed to keep helping children with CKD – to support them and to assist them to lead as normal a life as possible given their circumstances. Note: their planning does not include payment for dialysis. That comes from your tax dollars.
Ticket sales for the dinner have now closed with it being fully subscribed. Such a fantastic effort should see a wonderful boost to the Trust funds which help so many young people with chronic renal disease (CKD).

The CKS congratulates the Trustees and fundraising committee wishing them every success for the night.
**VIV’S Pot Luck Lunch ROUND-UP:** Christine Mauger, from the Health & Disability Advocacy Service, explained that advocates are there to offer support and assistance in resolving issues that may arise between a consumer and their provider. The advocates are independent of providers (anyone from a doctor to herbalist to staff at a rest home). The team here cover Canterbury and the West Coast. There is a dedicated advocate for the deaf, and one for migrants. Christine is a calm and warm person, who has had years of experience. If you need advice or someone to talk to, don’t be intimidated by the long title; they are lovely people and they work for you, the consumer.

**Next Pot Luck Lunch:**
**Friday 26 October 12 midday - 2.00pm - Travel Insurance Options**
**Venue: 40 Stewart St, Christchurch in the Govan Seminar Room (take the lift to the 1st floor)**

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**Kidney Information Forum for Canterbury**

Held on Saturday 28th July 2012, in the Govan Seminar Room, 40 Stewart Street, Christchurch, topics included treatment and helping with decision making, support available, managing kidney disease with a discussion on research and a transplantation and donation update. Those attending went away feeling refreshed, encouraged and better informed.

Our thanks to Kidney Health New Zealand for organising the day and to guest speakers Dr Suetonia Palmer, Sandy Neale, Carol Woolf and to Carmel Gregan-Ford and Professor Kelvin Lynn from Kidney Health New Zealand.
Raffle Donations Requested

If you have anything to donate to support
The Quiz Afternoon and Annual Christmas Party

Please either drop contributions in to the KIC, post in any
vouchers, or phone/email us if you need assistance.

Level 1, 230 Antigua St, Christchurch 8011
Ph: 379 5529  Email: c.ks@xtra.co.nz

We need: empty single plant pots (plastic) for potting
up plants ready for the sales table at Christmas. We
also have a request for glass jam jars with good lids.
Sizes around the 350g to 375g are ideal.

These can be dropped in to the KIC.
Level 1, 230 Antigua St, Christchurch 8011

If you have any donations suitable for the Raffle, and/
or chocolate wheel  these can be dropped off to the
KIC between 10.00am and 3.00pm on weekdays .

Disclaimer

While every care is taken to insure the accuracy of information, views expressed in the
Renal Messenger are not necessarily those of the Society. Articles by non  professionals
are intended to interest and inform and are not intended as medical or dietary advice.
This information should come from the medical professionals involved in your care.
Are you aware of any person or family member who needs medical treatment away from home who cannot afford the flight, or to have family support with them?

Angel Flight NZ is a charity that co-ordinates non-emergency flights, assisting people who are financially disadvantaged with a medical condition and long distances to travel, by flying them, free of charge, to an Airport near their medical treatment facility. They have a national network of volunteer pilots, nurses, and 'angel' supporters and they are eager to help! Please contact Coordinator Lance Weller lance@angelflightnz.co.nz 09 434 3271 or 027893 4587

If you know of anyone who could benefit from this service. Travel is often long, debilitating and expensive, but few people ask for help. AngelFlight relies on nurses and others to identify those who could do with a helping hand. Please feel free to ring them.

A FRIENDLY REMINDER ...
20012/13 SUBSCRIPTIONS FELL DUE ON APRIL 1ST

The cost of a subscription is $15.00 for the current year which includes you and your immediate family. For this you get 5 copies of the Renal Messenger, invitations to social occasions and information meetings, access to the Kidney Information Centre resources and of course for dialysis patients, it also allows you to hire the Mobile Dialysis Unit.

Your subscriptions also assist with some of the day to day running costs associated with our patient support services.

If there are members, or potential members, who would find the subscription cost beyond their means, then please contact us and we will try to assist you. Our primary function is that of a patient support group, and we are keen to provide assistance to as many renal patients, their family, whanau and supporters as we possibly can.

We look forward to your continued support!
If you have recently sent us your 20012/13 subscription – thank you.
Christchurch Kidney Society Mobile Dialysis Unit

New rates apply: The CKS provides and maintains the MDU as a service to members and the dialysis community. For some time now costs have outweighed income and while we do subsidise usage it has become necessary to increase both the hire rates and the refundable bond.

Hire Charges: The current fees are as follows: (all include GST, insurance and road user charges)

1. New Zealand dialysis patient’s $200 bond plus $50/day.
2. Overseas dialysis patients $500 bond plus $125/day($NZD).

Bond and hire fees must be paid in full by either cash or cheque at least 2 weeks prior to picking up the vehicle.

Note: The Christchurch Kidney Society will consider the reduction or waiving of these fees for any dialysis patient under the care of the Nephrology Department, Christchurch Hospital, for whom their payment would be a burden. To discuss this option please contact the Renal Social Worker, Christchurch Hospital: Ph (03) 364 0420.

Bookings and general enquires directed to:

Dialysis Services,
Christchurch Hospital,
Private Bag 4710, Christchurch 8001,
New Zealand
Telephone: (03) 3640-614
Fax: (03) 3640-613
E-Mail: Kieran.smith@cdhb.govt.nz
Selwyn.Heatley@cdhb.govt.nz
Getting into Quiz mode

Q: Why do men's clothes have buttons on the right while women's clothes have buttons on the left?

A: When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

Q: Why do ships and aircraft use 'mayday' as their call for help?

A: This comes from the French word m'aidez -meaning 'help me'-- and is pronounced, approximately, 'mayday.'

Q: Why are zero scores in tennis called 'love'?

A: In France, where tennis became popular, round zero on the scoreboard looked like an egg and was called 'l'oeuf,' which is French for 'egg.' When tennis was introduced in the US, Americans (mis)pronounced it 'love.'

Q: Why is someone who is feeling great 'on cloud nine'?

A: Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

Q: In golf, where did the term 'Caddie' come from?

A. When Mary Queen of Scots went to France as a young girl, Louis, King of France, learned that she loved the Scots game 'golf.' So he had the first course outside of Scotland built for her enjoyment. To make sure she was properly chaperoned (and guarded) while she played, Louis hired cadets from a military school to accompany her. Mary liked this lot and when returned to Scotland (not a very good idea in the long run), she took the practice with her. In French, the word cadet is pronounced 'ca-day' and the Scots changed it into 'caddie.'

Final Words: Opinions are like noses....Everyone has one
APPLICATION To The Christchurch Kidney Society Inc.

FOR: 
- Membership
- Renewal of Membership

I/We, Name: Mr/Mrs/Ms/Dr) ………………………………………….

Address: ………………………………………….

Phone: (    ) ……………………………………….

Email:  …………………………………………….

Hereby apply for membership/renewal of membership of the Christchurch Kidney Society (Inc.), and enclose an annual subscription and/or donation.

Membership (includes immediate family) $ 15.00 (inc. GST)

Donation (no GST, no obligation) $ ……………………....

Total Enclosed: $ ______________

If you prefer to pay membership directly to the CKS Inc. bank account:

Westpac Bank: 03 1591 0025801 00. Please include your name and initials in the reference. Please complete and return this form to the society to enable us to update our records and correctly receipt your membership with any donation you may wish to make.

Please tick all that apply:
- o New member
- o Dialysis Patient
- o Existing member
- o Transplant Patient
- o Renal patient
- o Supporter

I/We agree to abide by the rules of the Society.

Signature: …………………………………………………

Please mail this completed form to: CKS, Level 1, 230 Antigua Street, Christchurch.

Attn: Membership Secretary

MEMBER DISCOUNT BENEFITS

13a Riccarton Rd.  
10% OFF ALL PRODUCTS  
(excludes Flowers by wire services)

Up to 15% off cut, colour and products : V For Hair & Beauty, Vj Barbers

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15% DISCOUNT off your total bill. Only available at Robbie’s Elmwood, Cnr Normans & Wairakei Rd. Christchurch.

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The Christchurch Kidney Society (Inc.)

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