

AUGUST NEWSLETTER 2012

Welcome to Spring, its just around the corner, after a very heavy rainfall for the Month of August. I hope you have managed to get by without any flooding.

Meeting

Martin will be coming down 1st Week of September, therefore it will be meeting **Night Monday 3rd September, Cancer Rooms @ 6:30pm, for usual pot luck tea.**

Jan and I attended the forum in Christchurch on Saturday 28th of July.

A number of topics were presented including an interesting one presented by Dr Suetonia Palmer, Nephrologist, doing extensive Research Studies.

Kelvin gave us an overall insight to Kidney Health NZ

Tess's Indian Cooking. What a great afternoon we had beginning August at Mountainview High School. Tess demonstrated how to cook Samosa, Onion Fritters/Onion Bhajia; Chappati/Roti/ Dhal curry/Lentil curry. The tasting session was well received. Didn't need much tea that night.



More pictures on: [www.KidneyHealthNZ/ South Canterbury](http://www.KidneyHealthNZ/SouthCanterbury)

Assistance with Transport. Are you receiving all allowances for travel and accomodation, check out the details on www.KidneyHealthNZ or contact the Renal Social worker. Carol Woolf is moving onto Diabetes ChCh, so at this stage unsure who the new Social worker is, but if you are in need I will make enquiries.

Outpatients at ChCh. Outpatients department has shifted to a new building. (No longer in main building.) The new building is to the left of Christchurch Womens, as you drive round to Oncology. Limited parking is available.

Phosphate.

Foods high in phosphate, try and reduct. Milk Dairy Foods/Eggs; Meats; Fish; Dried Fruits; Hot Chips; Sardines,salmon,prawns, mussels, scallops, oysters crayfish cod roe, macrel.

Phosphate binders will be prescribed to help keep your blood phosphate levels lower.ie Osteo 500, Alutabs. These must be taken at the start of your meals.

December Meeting Monday 3rd December 6:30pm Cancer Rooms Mark your calander now

Regards *Colin*

