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Welcome to the Autumn newsletter. We've had a busy couple of months that we can't wait to showcase over the next few pages. We've been in Hastings, Hamilton, Levin, Masterton and more offering **FREE Kidney Health checks and education to as many as possible.**

We've also marked off significant dates in the kidney calendar, namely World Kidney Day and National Kidney Month.

During National Kidney Month in March, we partnered with Organ Donation NZ to help raise awareness of organ donation in Aotearoa. We're encouraging everyone to 'have the conversation' about organ donation with their families. There are currently around 600 people on the kidney donation waiting list in New Zealand, but only about 130 people decided to donate a kidney in 2021. More on this later in the newsletter.

Another major project 'transplant stories from around the motu' was also launched in March. This project hopes to create a library of experiences from people dealing with kidney disease in

Aotearoa, with the intention of spreading these experiences to potential donors and anyone facing kidney disease. The videos can be viewed on our website under the 'stories' tab.

Lastly, Kidney Health NZ would like to recognise the sad recent passing of Georgina Beyer. As we reflect on the passing of Georgina, we are eternally grateful to her for raising awareness of kidney disease.

She publicly shared her journey from dialysis patient to transplant recipient. Her story highlighted the amazing difference a living kidney donor can make.

'Kua hinga te tōtara i Te Waonui-a-Tāne.' – The tōtara tree has fallen in Tāne's great forest. 🌳



Eddie Griffiths

Bluff to Bluff



Eddie Griffiths set off from Bluff on Thursday the 16th of Feb for his 'Bluff to Bluff, 'circumnavigation of the South Island' raising funds for Kidney Health NZ. Initially, Eddie was due to cycle with the Tour Aotearoa 2023 – which cycles from Cape Reinga to Bluff. But due to cyclone Gabrielle landing in New Zealand and affecting much of the North Island, Eddie made the difficult but wise decision to circumnavigate the South.

"It may not be a full Tour of Aotearoa, but it'll be close," said Eddie

The ride would still be massive, Bluff to Bluff, up the east coast and then following the Tour Aotearoa 2023 route down the west coast.

When we contacted Eddie and asked about his motivations and why he chose Kidney Health, he told us his story.

"Way back in 2005, around the time Jonah Lomu needed a kidney, I asked my wife what she thought about me being a donor, maybe Jonah could have one of mine...she said no initially. I left it at that."

"Then a few months later I heard from a friend, about a young girl in renal failure, and finding a donor

proved fruitless. I asked what her blood group was, and she happened to be the same as mine, so without hesitation, I said she could have one of mine."

"After a year or so of blood tests and reports, I was found to be a match."

"To this day, I have no regrets or ill effects, I have for many years entered endurance events on my bike, and never even enters my mind about only having one kidney. It doesn't even bother me."

Kidney Health NZ want to congratulate Eddie on a successful 2,500km ride.

Eddie raised a total of over \$4,000 for Kidney Health NZ. 



Jack Walsh

50km Charity Row

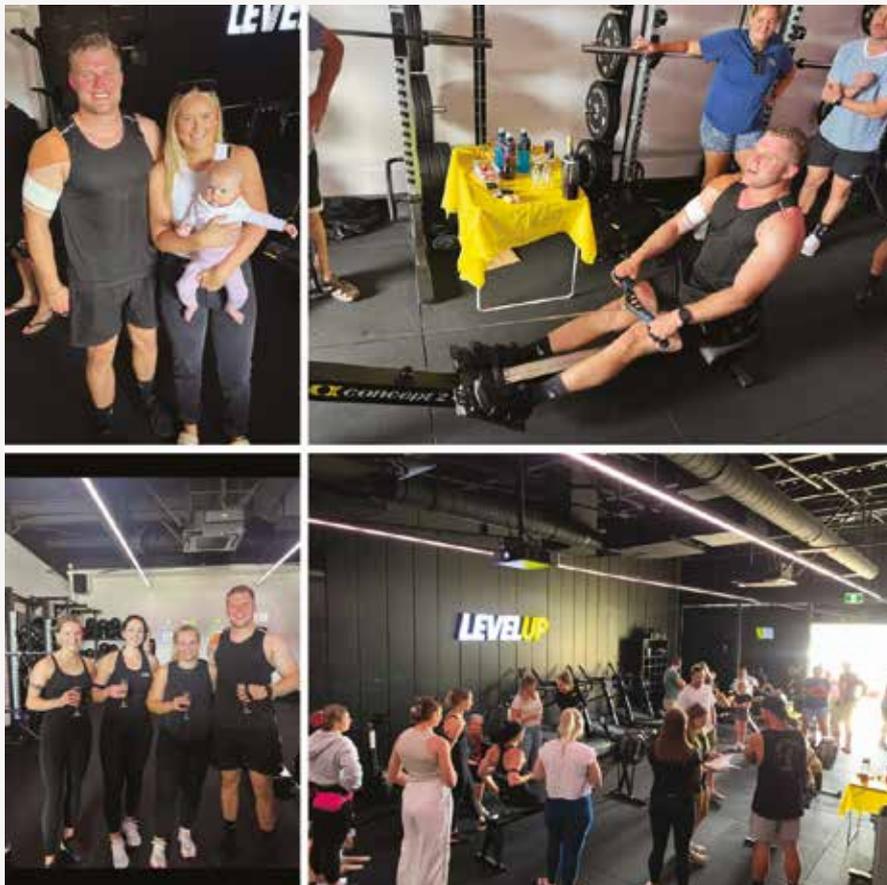
In February, Jack Walsh sat down for a fifty-kilometre row raising money for different charities in NZ, Kidney Health NZ was chosen as one. A couple weeks beforehand, we spoke to Jack about his upcoming row.

“Essentially, I’ve always been up for a challenge – so thought this would be a good way to start. The charities I’ve picked are all very close to my heart especially Kidney Health NZ. My wife’s uncle had renal failure and was on dialysis for years, so I thought it would only be fitting to try and raise money for such an amazing cause to try and provide help for others going through what he did.”

Jack lacerated a kidney in a rugby accident a few years ago and could well have ended up in a similar boat.

“In need of charity myself,” he said.

Jack was able to raise over \$2,000 for Kidney Health NZ during his charity row, with another \$4,000 going to other organisations. [D](#)





Vaccine Information

There are 2 important updates on COVID-19 vaccines for people affected by kidney disease.

1. From 1st March, a bivalent vaccine replaces the existing Pfizer booster. The new bivalent vaccine is considered likely to be more effective against Omicron subvariants. Bivalent vaccines work by combining 2 strains of a virus, which prompts the body to create antibodies against both strains, providing a greater level of protection. Anyone who is currently eligible to receive a first or second booster will now receive the Pfizer Bivalent vaccine.
2. From 1st April, an additional booster dose will become available. This additional booster dose will be made available to:
 - Anyone aged 30 and over who has completed their primary course (2 doses) as long as it has been at least 6 months since their last COVID-19 booster or positive COVID-19 test.
 - Anyone in the currently defined high-risk categories will be eligible to have an additional booster, provided it has been at least 6 months since their last COVID-19 booster or positive COVID-19 test. This includes people who have already had a second booster; it does not matter how many previous doses that person has had.

For people under 30 who are not at risk of severe illness from COVID-19, a two-dose primary course and a booster dose provides very good protection from the risk of serious illness, hospitalisation, or death from COVID-19. As such, people under 30 who are not at risk of severe illness from COVID-19 are not eligible to receive a booster.

If you are eligible and do not want to receive the bivalent vaccine for your booster dose, you can request the original Pfizer vaccine when you arrive for your vaccination.

Manatū Hauora | Ministry of Health encourages everyone to get their COVID-19 booster and flu vaccination at the same time to ensure that they are protected ahead of winter.

Vaccination against COVID-19 remains free.

For up-to-date information please visit kidney.health.nz/for-patients/covid-19/

SUPPORT ON OFFER

0800 Kidney / 0800 543 639

Join us on Facebook, Instagram and LinkedIn for news and updates on where we'll be



Kidney Health New Zealand



Kidney Health New Zealand



[kidneyhealth_nz](https://www.instagram.com/kidneyhealth_nz)



in the communities

Fieldays 2022

We were able to attend Fieldays in Hamilton from 30th November – 3rd December 2022 and be a part of their Health Hub. During the event we gave over 330 people kidney health checks, with our staff being busy the entire event. One statistic from this event that resonated with us was that from the over 330 people we tested - over 30% of those were advised to see their GP due to abnormal eGFR.

The team thoroughly enjoyed meeting people at this event, and we hope to have a presence in 2023. 



National Kidney Month & World Kidney Day

The month of March is National Kidney Month, with March 9th being World Kidney Day. This year we recognised the day by offering free Kidney Health in Masterton, as well as a renal education session for nurses in Greytown. One amazing effort we'd like to highlight was from Members of Te Whatu Ora from Auckland City Hospital – namely The Tui Dialysis Unit Renal Physiologists and Registered Nurses, along with the Renal leadership representatives who screened close to 300 people at Pak N Save Mt. Albert.



Our first project of Kidney Health Month went live on the 1st with the launch of our 'transplant stories around the motu' webpage. This is a library, which can be accessed on our website, that's a place for living donors, transplant recipients and people affected by kidney disease can come and share their stories. We hope this project will encourage more transplants and also be a resource for people with questions about the kidney journey to come and learn from people who have done it.

We are currently on the hunt for living donors and transplant recipients that want to share their story. If this sounds like you, flick us an email at story@kidney.health.nz.

After visiting Masterton and Greytown on World Kidney Day – the Kidney Health NZ team went on to visit Hakatere Marae, Westley Markets, Auckland Pasifika Festival, the Murupara Health Expo with our final testing event for this period was in Levin on the 1st of April.

The photos below show some of the Kidney Health NZ team, as well as renal units we supported, from around Aotearoa out and about on March 9th spreading awareness of kidney disease. 



Have you had THE conversation?

Kidney Health NZ and Organ Donation NZ want you to have the conversation about organ donation.

There are two types of kidney donation in New Zealand – Organ Donation New Zealand is the service responsible for deceased organ and tissue donation across Aotearoa, while Kidney Health New Zealand helps support live kidney donations.

Donor Coordinator for Organ Donation New Zealand, Sue Garland, says that whether you're considering live donation or wanting to ensure that your organ donation wishes are considered after you die, it's really important to talk about it with your loved ones.

Organ donation that occurs after someone has died is only possible in a small proportion of all deaths in New Zealand. However, when donation can occur, one donor has the potential to help up to ten people through the donation of organs and tissues.

"Our team at Organ Donation New Zealand are in

awe of the graciousness and generosity of grieving whānau who consider the option of organ and tissue donation for a relative who is dying or who has died," continues Sue.

"Their decision to donate organs and tissue saves and changes lives. In 2022 there were 63 organ donors. This resulted in 122 kidneys donated for the purpose of transplantation, which included four kidneys that were transplanted in combination with a pancreas."

Traci Stanbury, Acting General Manager of Kidney Health New Zealand, says organ donation is an invaluable act of kindness that can transform lives.

"People often assume that you can only donate a kidney following death but providing you and both your kidneys are in good health, you may be able to become a living donor and donate to someone in need. Whether it's for a family member, friend or stranger - donating a kidney is an enormous decision and a true act of altruism." 

Had the conversation?

Over **450** people in NZ are waiting for a kidney transplant.

**YOU CAN CHANGE A LIFE –
DONATE A KIDNEY**

Find out more 0800 kidney (0800 543 6397)
Visit [kidney.health.nz](https://www.kidney.health.nz)

Taranaki Renal Unit - Te Huhi Raupō

Health Minister Dr Ayesha Verrall opened the \$13 million renal unit for dialysis patients with kidney failure in Taranaki in March. The new renal unit will increase the hospitals capacity with 10 chairs in its approximately 800sqm facility

At the opening ceremony, Wharehoka Wano, chief executive of Te Kāhui o Taranaki, gifted the name Te Huhi Raupō to Te Whatu Ora, on behalf of Ngā Iwi o Taranaki and Taumaruroa, which is made up of mana whenua Ngāti Te Whiti and the eight iwi of Taranaki.

Staff at the new unit care for nearly 400 patients, which include those not yet requiring dialysis, and transplant patients.

Former dialysis patient Chris Wilkes reckons the new renal unit at Taranaki Base Hospital is much needed.



It is “pretty flash”, Wilkes said.

The new building is light and airy, with views out to the sea. ↻

Kidney Health NZ Sustainability Commitment

On World Kidney Day, Kidney Health NZ together with Renal Society of Australasia and Kidney Health Australia released a position statement on our sector’s environmental impact & spotlight ways to drive transformation in sustainable kidney care.

We all recognise the enormity of the threat that climate and other environmental change pose to human health, including kidney health.

Given the high carbon emissions, resource consumption and waste generation profile of healthcare, there is imperative for the healthcare sector to act urgently and broadly to minimise its environmental impact.



This position statement affirms the commitment of our organisations to —

1. Address our own environmental impact.
2. Through education, research, and advocacy, drive the necessary transformation to environmentally sustainable kidney care in Australia and New Zealand. ↻

Newly elected Royal Society Fellows

Kidney Health NZ want to congratulate Professor Suetonia Palmer and Professor Lisa Stamp on their election as Fellows of the Academy of the Royal Society. Both of which are based at University of Otago, Christchurch.

Deputy Dean Professor Suetonia Palmer receives her Fellowship for the research she and her team have done on whether treatment plans for people with kidney diseases are safe and effective. Various findings from this analysis have been incorporated

into World Health Organization guidelines and the global kidney guidelines, giving her research an international impact.

“Kidney disease is an invisible condition with few effective therapies and so we need to keep up with the scientific research being done across the globe to ensure we are delivering the best healthcare we can in Aotearoa New Zealand,” Professor Palmer says. ↻

Thank you to these organisations for their support

- WG Johnston Charitable Trust
- Pub Charities
- Estate of Gordon Lindsey Isaacs
- Guy Anson Waddel Charitable Trust
- Stewart Family Trust
- Perpetual Guardian
- Aotearoa Gaming Trust
- Ministry of Social Development



Yes, I want to join the fight against kidney disease and support Kidney Health New Zealand

I/We would like to donate \$100 \$50 \$30 Other: _____

Payment Type Master Card Visa

Card Number

Card expiry date _____ Name on Card _____

- I would like:
- A receipt for my donation
 - Information about Gifting to Kidney Health New Zealand in my Will.
 - Information about Kidney donations/Transplants
 - To become a member of Kidney Health New Zealand

Name: _____

Address: _____

Please return this form to Kidney Health New Zealand, PO Box 20072, Bishopdale, Christchurch
Or direct deposit to ANZ Account – Kidney Health New Zealand – **06 0501 0280602 00**