



The Christchurch Kidney Society (Inc.) Patient Support Group

SERVING THE LOCAL RENAL COMMUNITY FOR OVER 45 YEARS

THE RENAL MESSENGER

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SUMMER 2024

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Karen Faalilo, Property Transfer Office

www.propertytransferoffice.co.nz



From the Editors Desk...

Happy New Year, welcome to 2024!

The best way to end 2023 was with our annual Christmas party, attended by over 260 people. There were lots of new faces and many of our incredible members who have been part of the Society for many years. We are already booked into the Hornby Club for Sunday 8th December 2024, so pop it in your diary! Very special thanks to everyone who contributed to this wonderful day, it is enjoyed by so many, and we couldn't do it without you.

We would love to hear what people would like us to do this year for fundraising and for information days for our membership, so if you have any ideas or thoughts on this we would love to hear them.

We are planning another preloved clothing sale and already have some amazing stock to start this off. A date will be set for May or June for this, so if you are having a clear out at home and have some good quality clothing to donate, please contact us.

In this newsletter you will get to meet some of the new Nephrology staff, with more to come I believe (see the next issue). You will see the wonderful work continuing with KHNZ, Diabetes Christchurch (see page 14 and email them directly if interested), and the wonderful Bay of Plenty team creating their Renal Patient Council.

I am told personal stories and tips for others are an absolute favourite, so please put pen to paper and send me in an article—everyone who does will win something from our fundraising cupboard. Also everyone who sends in a photo of their break away in the campervan will also win a prize, we need these for a project we are working on, you don't need to be in the photo if you are shy, just showing us where you parked up would be great.

We are well and truly settled into our new premises at Yukon Place and lots of people are dropping by. We expect 2024 to be a very busy year!

Best wishes, Jo Houghton

CHRISTMAS 2023

Very special thanks to Liz and Wayne from CI Marketing who created a wonderful Kiwi Christmas scene for our family photos - to view them go to:

<https://www.christchurchkidneysociety.co.nz/events>

Our alternative Christmas volunteer photo is below! Viv tried to hide from this one, so she gets a very special one of her own!

Thank you to everyone who contributed to this special day—there was a lovely crowd of 260 plus! It was so nice to see so many new faces and of course our lovely regulars of many years.



TRANSPLANT GATHERING

(Held on 28 October 2023)



Very special thanks to our guest speakers— Sam High, Personal Trainer and Transplant Recipient and Stanley Leong, Dermatologist at Te Whatu Ora Waitaha, at our annual transplant gathering in October last year. This was held at Good Friends Arvida in Whiteleigh Avenue. It was a great venue (apart from the Tower Junction weekend traffic!).

Everyone found the day very informative. After Sam's wonderful motivational talk, 'Building a Thriving Body after Transplant', many left feeling inspired to move more, some even reporting they started as soon as they got home! If you would like a copy of Sam's presentation, please get in touch.

Stanley had many laughing along with him, but delivered a very strong message to cover up and use sunscreen (not just transplant recipients), and he also covered some newer treatments for the prevention of skin cancers, which many were unaware of.

We were so fortunate to have such wonderful speakers, who gave up their time to be with us, especially Sam and his family, who came all the way from Dunedin just to share his journey and inspire others.

(We will be holding another gathering later in the year, please get in touch with suggestions for guest speakers).

WELCOME BASIL TO THE NEPHROLOGY TEAM

Hello I am Basil, a recent addition to the dynamic team at the CHCH Hospital Dialysis Services. Originally from India, I completed my nursing degree in 2009 and embarked on a journey that led me to New Zealand in 2019. Over the past few years, I have been dedicated to the field of dialysis nursing, contributing my skills and passion to the Gisborne Hospital since my arrival.



Recently, I made the exciting move to Christchurch with my family and am thrilled to be part of the dialysis team here. My journey in the world of healthcare, especially in dialysis services, has been both rewarding and enriching. I look forward to contributing my experience and learning from the esteemed team here at Christchurch Hospital.

Best regards, Basil

WELCOME BINIMOL TO THE NEPHROLOGY TEAM



Hi, my name is Binimol Thomas. I graduated in the year 2006. My recent experience is in Dialysis for 13 years in the Ministry Of Health Kuwait.

I did my competency assessment program in NorthTec Campus, Auckland. I started to work as a Registered Nurse in the Acute Dialysis Unit, at Christchurch Hospital in November 2023. I enjoy working with the team and many thanks from the bottom of my heart.

WELCOME AMANDA TO THE NEPHROLOGY TEAM

Hello, my name is Amanda Geis-Johnson. I was born and raised in Nebraska, USA. I worked for 7 years as dialysis nurse before I arrived in New Zealand. I planned to come here on a WHV for one year but Covid shut down the borders 3 weeks after I arrived. I decided to stay anyway and it ended up being almost 3 years before I went back home.

I love doing anything outdoors and I love New Zealand. That is why I applied for my nursing licence here and I have now worked two different jobs since arriving, aged care and dialysis.

I am so thankful to have the opportunity to live and work in this beautiful country.



Disclaimer

While every care is taken to ensure 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.

WELCOME STENY TO THE NEPHROLOGY TEAM

I'm Steny Sebastian, a registered nurse from India, thrilled to share a snapshot of my journey. After graduating in 2012 from Rajiv Gandhi University of Health Science, I commenced my career at Care Hospital India, finding a profound interest in dialysis settings, for nearly two years.

Subsequently, I dedicated nearly a decade to Al Adan Hospital in Kuwait as a dialysis registered nurse. In August 2023, I embarked on a new chapter in New Zealand, completing my CAP course and obtaining nursing registration by October. Since November 27, I've been privileged to contribute as a dialysis registered nurse at Christchurch Hospital. Beyond the clinical realm, I immerse myself in the world of books, a cherished escape. Married with two children, the blend of my personal and professional experiences is a source of gratitude as I embrace my role within the Christchurch Hospital family.





This handy shelf was donated to the HDTC, to be passed on to someone (formerly used for APD).

If you are interested in this unit, please contact Sigrid on 03 364 610 (4 supplies).



Bits and Pieces:

- ◇ **MEMBERSHIP 2023/24:** Our membership year runs from 1 April 2023 to 31 March 2024. Our membership fee is \$15.00 and we are very grateful to all who pay this and those who add a donation. If this fee is unaffordable, please just let us know, it certainly does not exclude you from being a member of the Society.
- ◇ The Society is planning a preloved clothing sale this year (probably around May or June). If you are planning on having a wardrobe clear out, any **clothing in great condition** would be appreciated for this event. Please ring us at the office.

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ITCHY SKIN RELIEF WITH HOPE'S RELIEF

We are very grateful for the support and products from Body and Soul (Malcolm Lynch), who are continuing this throughout 2024!

The Hope's Relief products (cream and spray) have made a real difference to some of our members, so it is lovely to have this product available to try. Please get in touch if you think this may help you out.

Viv always has a supply with her on her travels and visits.





Prevention • Support • Research



KHNZ has a project underway to update and create education/information resources for consumers, whanau and medical professionals. It is important to us that these resources meet the needs of everyone.

We welcome any suggestions, think of this as an opportunity to put a "wish list" together.

Please send any suggestions/ideas. Tell us what you think is the best way to deliver these resources e.g. videos, podcasts, brochures, fact sheets, etc.

I am happy to have a chat with you if you would prefer. Please don't hesitate to contact me if you have any questions. You can message me and I'll call you back.

My contact details are:

carmel@kidney.health.nz

And I need help with future newsletters...



Send me your personal stories or tips on living with kidney disease and be in to win!

Also photos of your holidays in our campervan would be appreciated for a project we are working on.

ACKNOWLEDGEMENT AND THANKS TO:

- Thank you to everyone collecting wine bottle tops, cans and can tabs. These are either dropped into the office or taken to a scrap metal dealer who directly deposits the money in the Society's account (03 1591 0025801 00). We have already received a total of \$102 through the office collections this year, and it's only January. All funds raised go towards our younger members.
- Special thanks to the Lions Club of Wigram for the \$3,000 donation for our youth support. Your continued support is amazing!
- Our friends at Ray White Bishopdale delivered bags and bags of can tabs and wine bottle tops to us also near the end of 2023 and our total for the office collection for the year was \$705.33.

The following organisations helped us along in 2023

Ray White Bishopdale / Carey Trust

Christchurch Casino Community Trust / Papanui Club

Wigram Lions Club / Lions Club of Woodend Pegasus



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY



**Rātā
Foundation**



Property Transfer Office

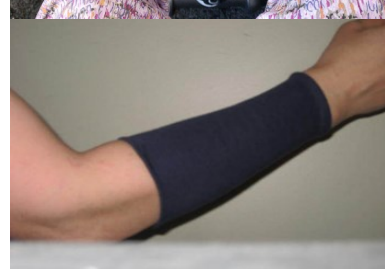
Ethel & Bethel Bingo Babes / Lions Club of Amberley

Mini Exercise Bikes

We have Peddlers available, please contact the CKS office—there is no charge, all we ask is that you return the peddler to us when no longer in use. These can be used for both arm and leg exercise. Here's one under a computer desk!



Wristbands and Fistula Covers



The wristbands come in two sizes (21 cm and 24cm) and are printed with the words “No BP No Needles this Arm”. The fistula covers are of various lengths and widths as well as colours. If you can spare a coin, to help us purchase additional material etc, that would be great—but not compulsory.

Fingerless Gloves

Pairs of gloves, sizes S,M,L, made of UPF 40-50 Lycra are available at office. \$4 for pictured length and \$3 for usual glove length. Also available merino gloves for covering post skin lesion treatment.

Concerning sun protection, from articles read, if specially treated fabric isn't available, it's best to choose darker colours, and tight-weave fabrics. Hold the fabric up to the light, if you can see through it the sun can get through it.



<https://auckland-northland.cancernz.org.nz/assets/Sunsmart/Information-sheets/Sun-protection/IS-ProtectiveClothing-19Oct2011.pdf>

BAY OF PLENTY RENAL PATIENT COUNCIL

Over 2022 and 2023 the Bay of Plenty established their first ever patient council for renal services in their rohe. The idea for the group was seen as an important foundation stone for the developing renal service. With concepts of mahitahi and co-design being recognised as key elements in service design, there were community meetings held in both Eastern and Western Bay areas to socialise the idea. Letters were then sent out to all renal patients in the BOP asking for expressions of interest to be members of the patient council.

Key aspects for members included:

- 1. To be representative of the local population i.e. many renal patients in BOP are Māori and the group needed to reflect this.*
- 2. A broad range of perspectives i.e. advanced kidney care, transplant, haemo dialysis and PD patients should all be represented. A whānau voice was also seen as important.*
- 3. Members are independent of Hauora ā Toi Bay of Plenty to ensure that any bias towards the needs of the organisation are mitigated and that the voice of patients will be heard.*

Key aspirations of the group are :

- 1. Uphold commitments to Te Tiriti O Waitangi and enable a mahitahi (collaborative co-design) Kaupapa Maori approach within the service.*
- 2. Have awareness of the strategic vision for the renal service.*
- 3. Identify and discuss issues of concern.*
- 4. Identify and propose new ideas or projects.*
- 5. Provide external expertise or insight.*
- 6. Ensure the service is developed in partnership with patients and their whanau.*
- 7. Raise the profile of renal service.*

The members were chosen from the returned expressions of interest.

The group first met in Feb of 2023 and the year has been spent building relationships within the group and socialising the existence of the group to key stake holders. It is recognised that the sustainability of the group is assured by strong relationships as a core element. Terms of reference have been created, along with agenda formats. Key roles have taken time to appoint but we now have a chairperson, Rick Rapana. The group has a central email, a Facebook page and are creating the first newsletter.

We are looking forward to 2024 so we can link in more closely with the kidney community. We want to elevate the issues that really matter and work in authentic partnership with Te Whatu Ora, Hauora ā Toi Bay of Plenty to participate in real change, with patients and whānau at the centre.



INDIAN INSPIRED STUFFED PEPPERS



INGREDIENTS:

120g red lentils, dried
1 onion, finely chopped
1cm fresh ginger, grated
1 teaspoon ground cumin
200g basmati rice
850ml boiling water
8 peppers (red, yellow and orange are best)

Serves: 4

1 tablespoon vegetable oil
2 garlic cloves, crushed or finely chopped
1 teaspoon tomato puree
1 teaspoon garam masala
1 low salt vegetable stock cube
20g mint leaves, fresh

METHOD:

- * Heat oven to 200 degrees Celsius. Wash the dried lentils and then drain and set aside.
- * Heat the oil in a large saucepan. Add the onion, garlic and ginger, then gently cook on a low heat for 5 minutes until softened. Stir in the tomato puree and spices and cook for a further 1 minute.
- * Add the rice and stir well to coat in the flavours. Make up the vegetable stock and pour it over the rice. Bring to the boil then add the lentils
- * Cover the saucepan with a lid and leave to cook over a low heat for 15 minutes until the lentils and rice are cooked. Roughly chop and stir through the mint.
- * Slice the top off each pepper, cut out the middle stalk and scoop out the seeds. Carefully trim the bottoms of the peppers so that they stand upright, ensuring the filling will not fall out.
- * Fill each pepper carefully with the mixture and place the lid on top. Cook in the oven for 25-30 minutes or until the peppers have softened and begin to colour. Serve two per person.
- * For full nutritional information see:

<https://kidneycareuk.org/get-support/healthy-diet-support/kitchen/recipe-index/indian-inspired-stuffed-peppers/>

Canterbury Diabetes Consumer Group

“One day diabetes symposium”

24 February 2024 @ La Vida Conference Centre

Email: conference@diabeteschristchurch.co.nz

To register—early bird fee \$60 (by 9/2/24)

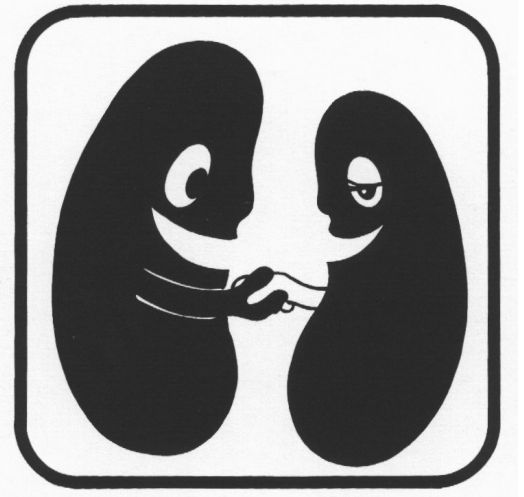


8.15 to 8.55am	Registration and Sign in
9:00 to 9:15 am	<p>Lynne Taylor, Chair Consumer Group: Welcome</p> <p>Professor Paul Hofman: Housekeeping Notices</p> <p>Henare Edwards: Powhiri</p>
9:15 to 9:45am	<p>Presentation: Dr Niranjala (Nilu) Hewapathirana</p> <ul style="list-style-type: none"> ◆ "Revolutionizing Diabetes Management: Unveiling newer Medications for Holistic Metabolic Control and Cardiovascular Health".
9.45 to 10:15am	<p>Presentation: Ana Hutchins: Type 1 Diabetes and Kidney Disease</p> <ul style="list-style-type: none"> ◆ Ana believes it's vital for there to be people publicly sharing their diabetes stories: 'It's important to acknowledge the heaviness, so no-one ever has to feel like they're alone.'
10.15 to 10.35am	MORNING TEA
10.35 to 11.10am	<p>Presentation: Dr Martin de Bock</p> <ul style="list-style-type: none"> ◆ Diabetes Research Initiatives in NZ: Current Projects and Initiatives
11.10 to 12.00pm	<ul style="list-style-type: none"> ◆ Updates from the Pharmaceutical Representatives.
12.10 to 1.00pm	LUNCH following 10 mins question time
1.00 to 1.40pm	<p>MC Professor Prof Hofman discusses Anika's misdiagnosis journey with her. Anika Moa (Ngāpuhi and Te Āupouri) is a New Zealand recording artist, television and radio presenter.</p> <ul style="list-style-type: none"> ◆ She was misdiagnosed with Type 2 diabetes in 2019 and revealed in February 2022 that she now actually suffers from Type 1 Diabetes.
1.40 to 2.10pm	<p>The Flourish Doctors: Food Choices: Does It Really Matter?</p> <ul style="list-style-type: none"> ◆ Dr Victoria Price and Dr Jane Scott are Lifestyle Medicine advocates, and have almost 50 years of clinical experience as practicing doctors between them. Their unique blend of personal experience and clinical practice makes them aware of the barriers people face in making changes to their day to day life to achieve optimal well-being.
2.10 to 2.55pm	<p>Bret Lucas: "Flight1Diabetic"</p> <p>Anna Messer Moland: "Supergirl"</p>
2.55to 3.15pm	Lindsay McTavish: "Hypoglycemia Explained"
3.15 to 3.40pm	AFTERNOON TEA
3.40 to 4.30pm Closing Forum	<p>MC: Professor Paul Hofman:</p> <p>Panel discussion with Dr Martin de Bock, Dr (Nilu) Hewapathirana, Anika Moa, Ana Hutchins, Bret Lucas, Anna Messer Molan, Dr Victoria Price, Dr Jane Scott and Lindsay McTavish.</p>
4.30pm	<p>Have a talk with the speakers and attendees.</p> <p>Mix and Mingle, Networking and Photographs with friends.</p>

The Christchurch Kidney Society (Inc.)

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