

**Wellington Kidney Peer Support and Education
Newsletter 13: New Year's Edition**



1 February 2024

Tēnā koutou Katoa

Welcome to a brand New Year. We hope this year is one which is rich in friendship, experience and excellent self-care!



First workshop of 2024: on Valentine's day: 14 February 2024

Venue: St Hilda's Hall, 311 The Parade, Island Bay

Day: Wednesday

Time: 9.30 – 2pm

Please RSVP to Athena as soon as possible to book your place.



Carolyn Mills, professional musician

We think it's appropriate that for Valentine's Day we have Carolyn Mills, an experienced musician who will demonstrate to us the benefits of music therapy. Carolyn has been playing the harp as a professional musician for the NZ Symphony Orchestra for 35 years, and is the Principal Harpist. *"I'm interested in the world of therapy with music. I know that live therapeutic music can create a space for healing, relieving anxiety and pain relief,"* says Carolyn. (Article in MPH 21.04.2021)

"There's evidence that therapeutic music can lead to fewer hospital admissions, reduced pain medication, and less depression – all of these things are possible."
Full programme to follow.

**BECOME
A MEMBER**

We are working towards establishing an independent Kidney Charity and need your support. Come and join as a member on the 14 February, there is no cost. We also will be voting on a name and slogan and we need your help to decide! We are an awesome group, wanting to grow support for Kidney patients in the community and to create awareness of the incredible gift that is organ donation. See Tracy's letter (our chairperson) as to what these plans involve.



We want to make our workshops relevant, interactive, and interesting together with an element of fun.

We would love to hear from you if you have any comments, ideas, feedback, thoughts and suggestions. Please email or phone one of us- contact details below.

Dates for our workshops: 2024



Wednesdays

Venue: St Hilda's Hall, 311 The Parade, Island Bay

Day: Wednesday

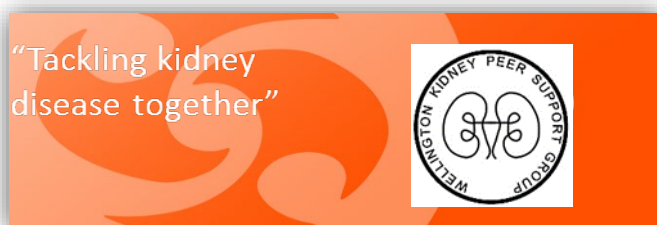
Time: 9.30 – 2pm

14 February 2024

15 May 2024

14 August 2024

13 November 2024



Wellington Kidney Peer Support Group
Contacts:

Tracy: 022 678 3953 (Chairperson)

Email: maxtra62@gmail.com

Spencer: 027 510 3108 (Committee Member)

Email: honetana@icloud.com

Athena: 027 4033921 (social worker)

Email: Athena.Richmond@ccdhb.org.nz

Find us on: www.facebook.com/groups/wellingtonkidneywhanau

If you would like to donate to our project:

Account number: 06-0501-0280-602-01: Kidney Health NZ,
Include name and initials and WELLINGTON in reference