



Canberra Region Kidney Support Group

Kidney News

The views expressed in this newsletter are not necessarily those of the CRKSG

With assistance from the ACT Government under the Community Support and Infrastructure Grants Program

Where should the CRKSG go from here?

Some, or many, of you will now be aware that the CRKSG survives. A new committee was formed at the Extraordinary General Meeting on 10th October 2009. To ensure the continuing survival of the Group, we probably need to make some changes to the way we do things.

The group gets positive feedback about its newsletter, the website and its representation of renal patients, their carers and families but perhaps at the moment the Group doesn't completely fit the needs of the renal community. Perhaps we need to look at ways to make the Group a better fit. What does the reader think? Perhaps you could respond by email to newsletter@crksg.org.au or to our mailing address, which may be found on the back page of this publication, marking the envelope attention Newsletter.

In the past the CRKSG has reacted to requests for assistance for funding and other assistance of a non-financial nature from members of the renal community. Mostly the Group was able to be of some assistance. In the case of financial assistance, we did extremely well in that we provided payment in full for most claims. There is no need for this aspect to change but perhaps the Group should also be a little proactive. The question then arises, how should we achieve this?

Perhaps we could hold 'get together' days. This could take many forms. Perhaps it could be as simple as sitting around having a tea or coffee with a biscuit or cake with our peers or as complex as hosting a fully fledged BBQ or some other function. Elsewhere in this publication an invitation to a function organized by the Eurobodalla group can be found.

Depending on numbers there are probably many venues where functions like these could be held. These could be as varied as parks, community facilities, clubs or even someone's back yard.

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Tuggeranong Vikings Bowls Club Raises Funds for the Group

By Vince Maguire

On 11 July, the Group received a generous donation from the Vikings Lawn Bowls Club at Tuggeranong. In past Dialysis and Transplant Games, lawn bowls has been one of the less strenuous sports that skilful dialysis and transplant patients have competed in. At the World Transplant Games on the Gold Coast earlier this year, Australian competitors were the majority of the medal winners in the lawn bowls events. Home advantage!!

Most readers would be aware that the difficulty of lawn bowls arises from the uneven weight of the bowling balls; which causes the balls to roll along a curved path rather than a straight line. The Vikings club has an honesty system of fining players who carelessly send their bowls curving away from their own game. The wayward bowl can create havoc in another game being played by other players on the same green. Using bad language during a game is also fined.

The club trusts players to place their fines in the donations box at the clubhouse. This year, at the club's annual presentation day, the proceeds from the charity box (and other donations) were given to CRKSG. The club also showed the Group terrific hospitality at its presentation luncheon, which followed a social game of bowls where I had my first attempt at the game. It was a lot of fun and I can recommend the sport to anyone with the energy to stand and walk.

For those who live a bit closer to Tuggeranong than I do, have a look at <http://www.tuggers.com.au/Vikings-Lawn-Bowls.aspx> for information about giving the game a try at no cost. Alternatively Gary Willis, the club's co-ordinator can be called on 6293 4305.

For those inspired to train for the Transplant Games being held in Canberra in October 2010; contact Transplant Australia ACT <http://www.transplant.org.au/ACT.html> or phone 6242 8248.

Organ Donor Registration

If you are viewing this newsletter on-line, click on the link below to register as an organ donor. Organ donor registration is completely voluntary. If you register you will receive a donor card similar to the one shown here.

<https://www2.medicareaustralia.gov.au/pext/registerAodr/Pages/DonorRegistration.jsp>



EUROBODALLA
Renal Support Group.

“Get Together”

Guest Speaker- Holly Northham.
ACT
Organ & Tissue Donor
Coordinator.

When – Thursday 26th November 2009

Where – Batemans Bay Bowling Club
Batemans Bay NSW 2536

Time – 11.30 am

Stay for lunch after at Regular Club Prices.

Contact – Brad & Lorraine Rossiter
Ph. – 0458 53 44 70
Email – bradrossiter521@hotmail.com

BIG RED BBQ Tackles Obesity with Healthy Menus

Kidney Health Australia has combined forces with BBQ manufacturer LOKKII to tackle obesity by promoting healthy eating at the traditional barbecue. The partnership supports the battle against kidney disease which is present in one in seven Australians.

Anne Wilson CEO of Kidney Health Australia said the launch of the new clean and green LOKKII barbecue into the Australian market has provided a unique opportunity for Kidney Health Australia to launch a national strategy aimed at encouraging healthy barbecue menus and food choices to cut the fat content of traditional barbeques.

Ms Wilson said a percentage of every BIG RED bucket BBQ sold goes to Kidney Health Australia.

“The environmental benefits of the BIG RED Bucket BBQ, which cuts greenhouse gas through the use of 100% organic petro chemical free Lokkii Briquettes, is an added bonus for the campaign.”

“Obesity increases the risk of kidney disease and our message to the community is to undertake a healthy lifestyle and maintain a healthy weight,” Ms Wilson said.

The new lightweight portable BIG RED Bucket BBQ is ideal for camping and the beach, as well as apartment balconies. It will carry Kidney Health Australia branding with health tips and recipes included on the packaging supported by Kidney Health Australia's online recipe library.

Ms Wilson said this is a unique opportunity to take our health messages into the retail market and raise urgently needed funds to support our work for people with kidney disease.

The BIG RED BBQ - a fundraising healthy choice initiative focuses on recipes including fruit, vegetables, fish, chicken and smaller portions of traditional meat.

Ms Wilson said the campaign is also aimed at Making a Noise About The Silent Killer - Chronic Kidney Disease by making it a topic of discussion at every barbecue.

“Diet is a vital part of managing kidney disease and we have chosen to highlight the Aussie barbecue, a traditional family, sporting and community social activity as a focus for promoting healthy eating and encouraging a greater use of fresh vegetables, fruit, fish, chicken, lean meats and salads as a preventative measure.”



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Seniors Week — 21st to 28th March 2010

Seniors Week is coordinated by Council on the Ageing (ACT) and is sponsored by the ACT Government. COTA was pleased to compile a program of 170 events for Seniors Week 2009. These activities gave our senior community the opportunity to participate in many varied and sometimes unique events in and around Canberra.

Seniors Week provides an opportunity to learn, discover different aspects of the community and understand more about Canberra. Attempting a new sport or recreational activity, learning more through a lecture, participating in the 'Seniors Expo' Day or attending an 'open day' at a club or community organisation all provide possible new insights.

COTA appreciates the many firms, organisations and groups who contributed generously to make Seniors Week interesting, enlightening and effective in 2009.

"Mythbusters" is the perfect way to learn more about other people, religions or services. Many organisations have tours or open days during Seniors Week. This allows the public to attend information sessions, tours, ceremonies or facilities that may have previously been a mystery. Previous participants have been William Cole Funerals and the Lower Molonglo Water Treatment Centre.

Seniors Expo, is a 'fair' type environment that in 2009 was held at the Old Bus Depot. Seniors had the opportunity to talk to representatives of the 105 participating organisations on health, government issues, leisure and lifestyle. During the day, participating organisations provided entertainment on the central stage and presentations and talks in the gallery.

COTA can be contacted via email at contact@cota-act.org.au, by fax on 62853422 or by post to COTA, PO Box 5566, Hughes, ACT 2605.



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Ms Wilson said people wanting to support Kidney Health Australia can join in the Kidney Health BIG RED BBQ by visiting the website for information www.bigredback.com.au and at the same time find out about where to buy their own BIG RED Bucket BBQ for \$49.99.

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Fast Facts on CKD in Australia

Chronic Kidney Disease (CKD) is a significant and growing public health problem, responsible for substantial burden of illness and premature mortality.

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Calendar of Events

In an endeavour to encourage more renal community participation, meetings for 2010 will be held on Saturdays at 2:00pm at the Pearce Community Centre, Building 1, Collett Place, Pearce on the dates indicated. Each meeting should only take around 15 or 20 minutes unless there is something of significance to discuss, so come along and put in your two cents worth and perhaps have a tea or coffee along with a biscuit and discuss any concerns you might have.

You never know, you might have some good ideas about what the Group should be doing! Don't forget this Group was set up to support the renal community and we need to know what needs to be done to provide that support.

Meeting dates for 2010 are as follows:

- 16th January 2010,
- 17th April 2010,
- 14th August 2010, and
- 11th December 2010.

The meeting on 14th August will most likely be the AGM. This will be confirmed or an alternative date will be advised in due course.

All welcome

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In Australia, it is a fact that:

- ◆ 1 in 3 adults are at increased risk of developing CKD
- ◆ A person can lose up to 90% of their kidney function before experiencing any symptoms
- ◆ Over 40 Australians die of kidney failure each day
- ◆ 11.3% of all deaths in Australia are due to, or associated with, kidney failure
- ◆ Every day, 6 Australians commence expensive dialysis or transplantation to stay alive.
- ◆ Most people with CKD will die from cardiovascular causes before requiring dialysis or transplantation
- ◆ Aboriginal and Torres Strait Islanders experience excessive death and disability due to CKD
- ◆ The dialysis-dependent population has risen by an average of 8% per year over the past decade, and is being fuelled by the ageing population, and Type 2 diabetes epidemic
- ◆ It costs approximately \$83,000 per annum to keep a person alive on dialysis

There is consistent evidence that with proper medications and management, the number of people with kidney failure can be significantly reduced. However, early stages of kidney disease often go unrecognised, and the knowledge of what can be done to help patients is often not applied.

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Web: <http://www.crksg.org.au>

We're on the Web —
www.crksg.org.au



MEMBERSHIP APPLICATION/RENEWAL

Canberra Region Kidney Support Group Inc
PO Box 5051 GARRAN ACT 2605.
ABN: 77 396 063 641

Last Name: **First Name:**

Address:.....

Email:

Phone No:

I would like to make a voluntary donation to CRKSG for the amount of: \$..... Membership is free. All donations \$2 or more are tax deductible. Cheque/Money Order payable to CRKSG Inc. Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

Signature: **Date:**.....

Post Form to:

The Treasurer
Canberra Region Kidney Support Group Inc
PO Box 5051
GARRAN ACT 2605.

NOTE: This form may also be used to notify a change of address/contact details.