



Canberra Region Kidney Support Group

Kidney News

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

In this issue:

Renal Morning Teas 1

Kidney Health Australia welcomes announcement of NSW Big Red Kidney Bus 2

Australia's Kidney Disease Hot Spots 3

Big Red Kidney Bus 4
— continued

Diary 5

Eurobodalla Renal Support Group 5

Renal Morning Teas

Come and Join us on
Thursday, 16th June
From 10:30 to 12:00
Hellenic Club Coffee Shop
Matilda St, Woden

(Club membership preferred but not compulsory)

The Renal Morning Tea provides the opportunity to meet and make friends in a relaxed and informal setting. All renal patients, carers, family and friends are most welcome.

Please Note – Coffee & tea provided by the Kidney Support Group.
Cakes, sandwiches, etc., at regular club prices.



Member



Self Help Organisations
United Together

KIDNEY HEALTH AUSTRALIA WELCOMES ANNOUNCEMENT OF NSW BIG RED KIDNEY BUS

Thousands of Australians living on dialysis will soon be able to take a holiday in New South Wales, without missing life-saving treatments.

New South Wales Minister for Health, Jillian Skinner, this morning announced the government's support of a partnership between national health care charity Kidney Health Australia and NSW Health to deliver a Big Red Kidney Bus program across the state.

The announcement coincides with Kidney Health Week (May 22-28) and secures the future of holiday dialysis in New South Wales.

Picture from KHA March 2016 Celebration Edition of BRKB Newsletter

Kidney Health Australia CEO, Anne Wilson, was thrilled to see funding for the bus officially announced and said it was a testament to the power of partnership, and what can be achieved by working closely with governments.

"This is a very proud day for all involved in making the vision for a New South Wales Big Red Kidney Bus a reality," said Ms Wilson, "Kidney Health Australia is thrilled to be able to expand our Big Red Kidney Bus program into New South Wales and offer patients from all around the country the opportunity to have a holiday here and still access dialysis treatment."

"This is the first step to making our Big Red Kidney Bus program a truly national program, which is tremendously exciting."

A world-first initiative, the Big Red Kidney Bus provides mobile holiday dialysis, travelling to popular holiday spots where it sets-up for six weeks at a time.

Currently, 1.7 million Australians are currently living with signs of kidney disease, however 90% of people don't know they have it. There are currently 9,619 Australians with kidney disease who are dependent on haemodialysis to keep them alive.

"It can be extremely difficult for those with end-stage kidney disease to take a holiday, due to the restrictions of their treatment," continued Ms Wilson, "Dialysis patients need to have treatment – either in hospital or at home – for up to five hours at a time, three days a week, and it can be difficult to book a holiday dialysis chair as availabilities are very limited around Australia."

Kidney Health Australia and Royal North Shore Hospital will be developing the NSW Big Red Kidney Bus Project in Community Partnership, and NSW Haemodialysis patients will be consulted on the holiday locations the Big Red Kidney Bus will visit.

Kidney Health Australia will work with the NSW Bus Industry to have a suitable coach donated and will fund the refurbishment of the bus into a state-of-the art holiday dialysis unit. It is hoped that the NSW Big Red Kidney Bus will be on the road before 2017.

"On behalf of Kidney Health Australia, I sincerely thank the New South Wales Government for

(Continued on page 4)



New report reveals Australia's Kidney Disease Hot Spots

Kidney Health Australia's annual 'State of the Nation' report, released on 23rd May 2016, has revealed the top 20 kidney disease hot spots around the country.

The 2016 'State of the Nation: Chronic Kidney Disease Hot Spots' report, which has been released to coincide with Kidney Health Week, 22 – 28 May, has also highlighted:

- Kidney disease is costing Australia over four billion dollars annually
- The 'spiraling' number of Australians on kidney dialysis, or living with a kidney transplant
- That kidney dialysis is the most common reason for admission to hospital with over 1.3 million admissions in 2014/15
- Indigenous Australians are still at far greater risk of developing kidney disease than non-indigenous Australians.

Kidney Health Australia's CEO, Anne Wilson, said the kidney disease hot spots outlined in the report provided a preliminary insight into the areas of greatest need for chronic kidney disease (CKD) education, awareness and health services. She said the data would also be used alongside other chronic disease maps to create a comprehensive picture of the most commonly experienced chronic diseases in Australia, and to look at interaction with socio-economic influences.

"Over 1.7 million Australian adults (10%) are currently living with indicators of chronic kidney disease. The significant hot spot areas with an above average proportion of adults with signs of chronic kidney disease are the Illawarra and Shoalhaven areas in southern NSW (19.5%) Inner West Sydney (16.7%) and the West Moreton-Oxley (16.4%) area west of Brisbane in Queensland," she said, "Whilst the areas with the highest estimated number of adults with signs of chronic kidney disease, are in the south metropolitan area of Brisbane (96,200 people), the Hunter area north of Sydney (74,500 people), and the inner east area of Melbourne (63,200 people)."

Ms Wilson said every day, 60 Australians died with kidney-related disease and that it was critical for those at increased risk of developing the disease to have an annual kidney check.

"If kidney disease is detected early, it can either be halted or progression to end stage kidney disease can be slowed by as much as 50%", said Ms Wilson, "That is why Kidney Health Australia is calling on an incoming federal government to fund an Integrated Health Check for our GPs, invest in appropriate education for our health professionals, and expand the role Community Pharmacy can play in risk assessment."

Investment in early detection of chronic kidney disease not only helps address the increasing costs to the health system, but delay the need for dialysis, thereby improving patient's quality of life.

The 'State of the Nation: Chronic Kidney Disease Hot Spots' report also highlights that the number one reason for hospital admissions in 2014/15 was for kidney dialysis treatments, and that the gap in Indigenous kidney health remains a critical issue, with Aboriginal and Torres Strait Islander people more than twice as likely as non-Indigenous people to have indicators of CKD.

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>

Alternatively register by calling: 1800 777 203.



Big Red Kidney Bus

(Continued from page 2)

supporting the Big Red Kidney Bus, and committing to the ongoing funding of this innovative program and support for holiday dialysis across the state.”

The concept for the Big Red Kidney Bus came from the late Mr Vince Tripodi, a dialysis patient who wrote to Kidney Health Australia about his idea for a mobile dialysis unit in 2011.

For more information, or to donate to the Big Red Kidney Bus, visit www.kidney.org.au.

Kidney Health Australia, formerly the Australian Kidney Foundation, is a national health care charity with a vision 'to save and improve the lives of Australians affected by kidney disease'. As the national peak body, Kidney Health Australia promotes good kidney health through delivery of programs in education, advocacy, research and support.

About the Big Red Kidney Bus:

- The Big Red Kidney Bus is a mobile dialysis unit and was awarded the 2015 National Disability Award for Excellence in Community Accessibility, and also won the Gold Award for Innovative Models of Care at the 2015 Victorian Public Health Care Awards.
- Since launching in Victoria in October 2014, the Big Red Kidney Bus program has received 421 bookings for patients to receive dialysis while on holiday with their families which, for some patients was the first holiday they had been on in their life
- The Big Red Kidney Bus is open to all Australians on hospital, satellite or home dialysis. Patients arrange their own holiday accommodation and travel.
- Bookings can be made online at kidney.org.au, or by emailing bigredkidneybus@kidney.org.au or contacting free call 1800 454 363
- Kidney Health Australia owns the bus, manages the bookings and employs the bus driver
- Admission criteria must be met and a
- What to bring on board checklist followed.

Self Help & Wellbeing Expo

“Connecting support groups, services and people who have long term conditions”

Wednesday 21 September 2016

10am – 3pm Hellenic Club - Woden





Self Help Organisations
United Together

Page 4

Diary

Meetings for the Group are held on Saturdays at 2:00pm. For the time being, the venue will be Coffee Guru, adjacent to Good Guys, Tuggeranong. The AGM will be held at the SHOUT offices, Building 1, Pearce Community Centre in the Small Meeting Room.

- 23rd July (AGM)
- 24th September
- 3rd December

All welcome

Renal Morning Teas at Hellenic Club, 10:30 to 12:00

Thursday 16th June,
Wednesday 13th July,
Thursday 18th August,
Wednesday 14th September,
Thursday 13th October,
Wednesday 16th November, and
Thursday 15th December.

Eurobodalla Renal Support Group

In May 2007, I received one or should I say two of the most life saving and loving gifts I have been lucky enough to be given.

I received the gifts of a kidney and pancreas organ donation from a total stranger and family.

I had been on Dialysis for seven years and a type 1 diabetic since I was five years of age.

In my life there have been so many positive things; I moved to Batemans Bay, where I met and married the most wonderful, giving and loving lady, Lorae. We shall celebrate our 30th wedding anniversary this year. We have a very honest and good son Trent, whom I love with all my heart.

Bundle these things together plus my Dad and Mum, brothers, close family and good friends, I am The Luckiest bloke I know.

Register to be an Organ and Tissue donor today and make sure your family all agree with you.

Thank you to each and all- love to my two families.

“We’re all given Life’s opportunities, It’s up to each of us to make the best of it”

Regards,

Brad & Lorae Rossiter.
M- 0458534470
Co-Chairs & Founders.
Organ Transplant Recipient- Kidney & Pancreas.





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 address shown at the top of this page.

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

Canberra Region Kidney Support Group

CRKSG
PO Box 5051
Garran ACT 2605

Phone: 02 6290 1984
E-mail: crksg@shout.org.au
Web: <http://www.crksg.org.au>