



Welcome everyone it's nearly Xmas 2009

Martin will be visiting on Monday 30th November and it will be our usual Xmas function in the Cancer rooms Pot Luck Tea. at 6:30pm. Bring an exchange Xmas present to value of \$5.00. Label M or F
Tony, Judy, Jan and Myself will be absent as we will be on holiday in Tasmania.
However you will be able to manage in our absence. Nena has supplied a lovely Basket of Toiletries for the Xmas raffle. Thank you Nena.
Dot, again will organize the raffles.

Travelling Road Show Ashburton.

Six members attended the Road show in Ashburton on October 14th. A good attendance from both Christchurch and Ashburton members. with an excellent lunch supplied by Ashburton members.

Speakers were Dr Kelvin Lynn, Guy Johnson, Carmel Gregan-Ford and Carol Woolf from the CDHB. Social Worker

Kelvin reported that the executive have been working hard over the past year to achieve the goals set out by the Board in the Strategic Plan 2008-2011.

(I have a copy if any member would like to read them.)

A major achievement this year has been the development of a simple guide for family practises on the management of CKD. Copies were delivered to 3,800 GPs in April, 350 copies for medical students and a number of professional groups have asked for additional copies.

Research. Funding of research has been a key activity of KHNZ. Six research grant applications received this year are under review. Research projects currently supported by KHNZ are:

1. *Kidney Disease and Quality of Life follow-up Study*
2. *Characterisation of genes involved in polycystic kidney disease in a sheep model.*
3. *Renal Endothelial Function in Models of Chronic Renal Failure.*
4. *Lyn Lloyd Senior Renal Dietitian at ACH received \$3,000 to attend the International Congress on Nutrition and Metabolism in Renal Disease in Marseilles France. Copy available from KHNZ on request.*

KHNZ has been working with the Ministry of Health and has excellent support for its activities. Nick Polaschek Senior Project Manager in the Sector Capability & Innovation Directorate has been working with the NRAB on the Renal Service Improvement Project.

This work has five defined projects with timelines for delivery of outcomes agreed by NRAB. They are

1. Improving CKD management in primary care
2. Increasing rates of Renal transplantation
3. Regional coordination in planning to address demand and access
4. National coordination in renal workforce development
5. Improving information about and for renal patients (This work has been contracted to KHNZ).

Further Information can be obtained from the KHNZ Annual Report 2008/2009

Kelvin did touch on the fact that they are now looking closely at people who had a cancer growth in a kidney and the kidney was removed, then that section of cancer could be removed and the kidney could then be used for a transplant. Interesting development to look forward to.

Carmel spoke on her visits to Parliament and various speaking engagements as Education Manager

Carol Woolf the new Social Worker, who has replaced Evelyn McIvor, spoke on the various benefits that are available. Carol had only been in the job for a few weeks but is certainly available to help. You can contact her on Ph (03) 364 0420. If you have any problems then do not hesitate to contact her. If you are having trouble making ends meet, you may qualify for a Disability Allowance, to cover the additional costs directly related to your disability. Check with Carol

World Kidney Day 11 March 2010

The theme of World Kidney Day 2010 will be CKD and Diabetes. We need to think about this and perhaps get involved in 2010 with the South Canterbury Diabetes group. Any suggestions welcomed.

Web Pages

If you are looking for more information on Kidney problems, then the following web pages can be helpful.

www.kidneys.co.nz

www.kidneysociety.co.nz

www.kidney.org.au

www.wellingtonkidneysociety.org.nz



Swine Flu

I hear on to nights TV1 News, that the Government are to provide free Flu injections next year, for those over 65 or have a serious health condition for Swine Flu, as well as the normal anti flu injection. Check with your Doctor about March next year.

KHNZ.

The Kidney Foundation was established in 1979 to increase the rates of kidney transplantation and raise funds for research into the understanding, prevention and cure of kidney diseases.

The Kidney Foundation launched its new name in February 2008 as Kidney Health New Zealand, an Incorporated Society registered with the Charities Commission.

KHNZ is an independent national organisation with its own constitution and a Board consisting of the Chair, Medical Director, and CEO and up to 6 Board members, elected by the Board and approved at the AGM. Stakeholders include people with kidney disease, their families and supporters; kidney health professionals; researchers and 22 kidney patient support organisations.

Staff includes a part time Medical Director, CEO and Education Manager.

KHNZ is a member of the International Federation of Kidney Foundations.

Kidney Health NZ's national office is based in Christchurch at 24 St. Asaph Street. Freephone 0800 543 2176

Merry Christmas to each and every one of you. Enjoy your holiday break, as we will be enjoying ours. *Colin*

