

## About us:

The Kidney Society is a well-respected independent charitable organisation dedicated to life-long support for those with kidney disease.

We rely on the support of generous donors and supporting business, trusts and foundations. Please see our website for ways in which you can support those with serious kidney illness.

**Auckland District Kidney Society Inc.**  
**Charities Registration No CC25245**

## Contact us:

☎ 09 278 1321 or 0800 235 711

@ [contact@kidneysociety.org.nz](mailto:contact@kidneysociety.org.nz)

📍 5 Swaffield Road, Papatoetoe, Auckland 2025

✉ P O Box 97 026, Manukau City, Auckland 2241

## Also, check us out at:

🌐 [www.kidneysociety.org.nz](http://www.kidneysociety.org.nz)

📘 <https://www.facebook.com/kidneysocietyadks>

📺 Our Wellness You Tube videos:  
<https://www.youtube.com/@kidneysocietyadks>

### Are you or a loved one affected by kidney disease?

We provide health and wellness education to support a better quality of life. Benefit from personalised home visits, phone calls, wellness programmes and our community dialysis house.

For more information, please contact us on 0800 235 711 or [contact@kidneysociety.org.nz](mailto:contact@kidneysociety.org.nz)

### E rongo ana koe, tētahi atu rānei i te taumaha o te mate tākihi?

Ka tuku mātou i te āwhina ā-kare ā-roto me te mātauranga hauora me te kori tinana, hei tautoko i te oranga kōunga ake. Kia whai hua i ngā toronga kāinga motuhake, ngā waeatanga, ngā hōtaka oranga me tō mātou whare horoi toto ā-hapori.

Mō ētahi atu kōrero, tēnā whakapā mai ki 0800 235 711, ki [contact@kidneysociety.org.nz](mailto:contact@kidneysociety.org.nz) rānei

### Ua faaletonu ou fatugao po o se isi e pele ia te oe?

Matou te saunia lagolagosua e gafatia ai faalogona ma aoaoga faalesoifua maloloina ma le malosi faaletino, auā le lagolagoina o se soifuaga sili ona lelei. O le aogā o asiasiga e faia i le fale, talanoaga i le telefoni, polokalame tau soifua manuia ma le nofoaga e faamāmā ai le toto. Mo nisi faamatalaga, faafesootai mai i le

0800 235 711 po o le [contact@kidneysociety.org.nz](mailto:contact@kidneysociety.org.nz)

### 'Oku uesia koe pe ko hao 'ofa'anga 'e he mahaki'ia 'o e kofuuā?

'Oku mau 'oatu 'a e tokoni fakaeloto mo e ako fekau'aki mo e mo'ui lelei mo e mālohi 'a e sinō (fitness), ke poupou'i ha mo'ui 'oku tu'unga lelei ange. 'E kaunga lelei atu ha ngaahi 'a'ahi ki 'api, fetu'utaki telefoni, ngaahi polokalama ki he lelei 'a e mo'ui kuo fakapatonu ki he tokotaha fakafo'ituitui mo 'emau fale taialasisi ki he komiuniti. Ki ha fakamatala lahi ange, kātaki 'o fetu'utaki mai kiate kimautolu 'i he

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### 您或您的亲人是否患有肾脏疾病？

我们提供精神方面的支持和卫生健康方面的宣传教育，以提高患者的生活质量。个性化的家访、电话服务、健康课程和我们的社区透析室，都能使您从中受益。如欲了解更多信息，请通过以下方式联系我们

致电0800 235 711或发邮件至[contact@kidneysociety.org.nz](mailto:contact@kidneysociety.org.nz)

### A koe io me se tino e alofagina e pokotia ne te masaki o nonu?

E fakatoka ne matou a fesoasoani ki lagona pela foki mo akoakoga tau te ola 'lei mo te tausiga o te foitino ke malosi, e fesoasoani iei ki se olaga e 'lei atu kae aoga. Maua mai iei te 'lei mai asiasiga ki fale, telefoni, polokalame o te olaga 'lei pela foki a te motou fale mo te komiuniti e faka'maa iei toto. Ka fia maua ne fakamatalaga faopoopo, fakamolemole telefoni mai i te 0800 235 711 io me ko te [contact@kidneysociety.org.nz](mailto:contact@kidneysociety.org.nz)

# The Kidney Society is here to help you.



 The  
**Kidney**  
Society

# Being diagnosed with kidney disease can be one of the most difficult situations a person would ever face in their lifetime.

Our caring and experienced community support staff are here to support you and your whānau through diagnosis and treatment.

**This service is free of charge.**

We can provide emotional and practical support to people with a kidney disease, their family/whānau and friends.



## If you or a loved one have been diagnosed with kidney disease, our support team can help you with:

- ✓ Understanding what's wrong with your kidneys and the type of treatment you may have.
- ✓ Managing the symptoms and treatment side effects.
- ✓ Explaining the hospital system and what you can expect.
- ✓ Listening to the concerns and questions that are most important to you and your family/whānau and working with you to find solutions.
- ✓ Talking to other health professionals involved in treatment to help your care go smoothly.
- ✓ Finding other useful services that will help you.
- ✓ Practical problems, sorting out your income support and making sure you get what you are entitled to.
- ✓ Tips and tools to keep you moving and get the most out of life.



## Kidney Disease in New Zealand:

- ➔ Over **5,000** New Zealanders are currently being treated for kidney disease.
- ➔ The number of people on dialysis is around **3,000**.
- ➔ There are more than **2,000** New Zealanders living with a kidney transplant.

## Kidney Society Free Magazine:

Contact us and sign up for our free quarterly magazine filled with helpful and practical information for people just like you. You can read the magazine online via our website or receive a copy at home.

*"The Kidney Society's Wellness programme has been such a help to get me moving, lose weight and keep me healthy." John*

*"One of the hardest things for me when I was going through my journey was not having someone who had a first-hand account of what it was like to go through this, someone who truly understood." Samantha*