



The  
**Kidney**  
Society

# News

No 244 May/June/July 2025

*Supporting you with tools to live your best life through  
expert, community-based kidney care.*



# THE KIDNEY SOCIETY: WHO, WHAT, WHERE.



## CLIENT SERVICES TEAM



**Tracey: Wellness Educator**

Tracey helps you stay active and feel good, whether you prefer “gentle” or “active” approaches. She can suggest gym options or provide easy-to-follow exercises for home.



**Brian: Community Health Educator**

Brian helps you understand kidney disease and treatment options. He’s here to support you and your family through this journey.



**Riana: Social Worker**

Riana will be by your side throughout your kidney health journey, supporting you with concerns like finances, family matters, housing, and more.



**Jenny: Community Dialysis Assistant**

Jenny oversees our dialysis houses, showing new visitors how everything works and helping them settle in comfortably.



**Nathaniel: Maintenance Technician**

Nathaniel maintains our three dialysis houses and the office, ensuring clean, welcoming spaces for everyone.

## COMMUNITY DIALYSIS HOUSE TEAM



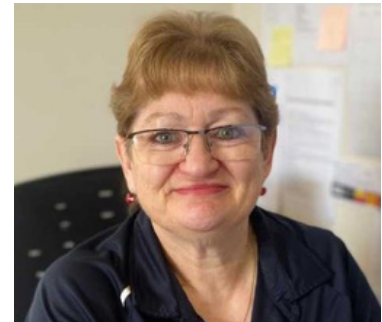
**Gina: Office Manager**

Gina ensures the smooth running of our office, community houses, events, and day-to-day operations.



**Kath: Chief Executive Officer**

Kath leads the Kidney Society team in delivering education, home support, wellness programs, and more to our clients.



**Maria: Office Assistant**

Maria supports Gina in keeping the office organised, printing leaflets, mailing newsletters, and handling other essential tasks.

## ADMIN AND OPERATIONS TEAM

WEBSITE: [WWW.KIDNEYSOCIETY.ORG.NZ](http://WWW.KIDNEYSOCIETY.ORG.NZ)

FACEBOOK: [HTTPS://WWW.FACEBOOK.COM/KIDNEYSOCIETEADKS](https://www.facebook.com/kidneysocieteadks)

E-MAIL: [CONTACT@KIDNEYSOCIETY.ORG.NZ](mailto:CONTACT@KIDNEYSOCIETY.ORG.NZ)

PHONE: 09 278 1321, OR FREEPHONE: 0800 235 711

ADDRESS: 5 SWAFFIELD ROAD, PAPATOETOE, AUCKLAND PO BOX 97026 MANUKAU CITY, AUCKLAND 2241

OFFICE HOURS: 9AM TO 5PM, MONDAY TO FRIDAY.

# Kia ora from Kath



Kia ora koutou,

Kia ora and welcome to the winter edition of our magazine!

As the temperatures drop, we hope you're staying warm, well, and surrounded by support. Winter can bring its own set of challenges, but it's also a time to reflect, reconnect, and recharge—and we're here with you every step of the way.

A heartfelt thank you to everyone who helped make Kidney Health Month in March such a powerful success. Whether you shared your story, raised awareness, or donated, your actions helped shine a light on the importance of kidney health. This momentum is something we want to keep building. If you or someone close to you has experienced kidney disease, your journey could inspire others. Post your story on social media and tag us—or simply share our posts to spread the word. A small action can make a big difference.

This month, we also bid a fond farewell to our incredible social worker, Niusulu Hellesoe, as she heads off to new adventures in Australia. Niu's compassion and dedication made a lasting impact on both our team and the many people she supported. She'll be greatly missed.

Looking ahead, we're excited to welcome Riana Shaw, who will be joining us as our new social worker in late May.

We know how crucial it is to have someone in your corner throughout the renal journey, and we're confident Riana will bring warmth and expertise to the role.

While there may be a few changes happening behind the scenes, one thing remains constant—our unwavering commitment to you. Over the coming months, you'll find more tips, tools, and insights in our magazine and on social media, covering everything from blood pressure and nutrition to dialysis, fluid balance, and body weight. We're here to help you live your best life.

And for a bit of mid-winter joy, we're thrilled to be partnering with **Ethel & Bethel**, Aotearoa's much-loved comedy duo! Known for their sharp wit, spontaneous antics, and classic Kiwi humour, they'll be bringing us a special fundraising event filled with laughter, tea, and a lively round of bingo. Tickets are selling fast, so turn to **page 5** for all the details—you won't want to miss it!

We've packed this edition with helpful information, inspiring stories, and updates from across the community. Whatever the season brings your way, we're here for you.

Stay warm, stay well, and we'll see you soon.

Ngā manaakitanga,

Kath

# Kidney Society Events

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**16**

Friday 16th  
May 2025

## **Rotorua Advanced Kidney Care Session**

St David Presbyterian Church  
Cnr Wharenui & Reeve Road, Owhata  
Rotorua  
Time: 10.00am to 2.00pm

If you'd like to attend, please contact Brian:  
027 715 3949 | [brian@kidneysociety.org.nz](mailto:brian@kidneysociety.org.nz)

**18**

Wednesday  
18th June 2025

## **Counties Pre Dialysis Session**

Cnr Massey Road & Hain Avenue,  
Mangere East, Auckland  
Time: 6.00pm to 8.30pm

For more information about the event or if  
you'd like to attend, please contact Rachel  
Spence on 021 819 535, email  
[rachel.spence@middlemore.co.nz](mailto:rachel.spence@middlemore.co.nz)

**24**

Thursday 24th  
July 2025

## **Gisborne Pre Dialysis Session**

Waikanae Surf Lifesaving Club Function  
Centre,  
280E Grey Street, Awapuni, Gisborne  
Time: 10am to 2pm

If you'd like to attend, please contact Brian:  
027 715 3949 | [brian@kidneysociety.org.nz](mailto:brian@kidneysociety.org.nz)



# Ethel & Bethel!

**Friday 12 September, 2025**  
**7.30pm at Freemans Bay**  
**Community Hall,**  
52 Hepburn Street, Freemans  
Bay, Auckland.

***Join us for an unforgettable  
night of laughter and bingo!***

This special evening isn't just about laughter- it's about making a real difference. Our goal is to raise \$30,000 to support individuals living with kidney disease. Every dollar raised will go directly towards expanding our dialysis capacity, providing tools and resources, and visiting even more people who need our support.

Drinks and snacks will be available for purchase on-site. There's **NO** door sales so get your tickets in advance.

**Ready to have an incredible night  
of laughs and make an impact?**

Get your tickets using the link  
below or scan the QR code.

[kidneysociety.org.nz/ethel-and-bethel-fundraiser](https://kidneysociety.org.nz/ethel-and-bethel-fundraiser)



## **Why attend?**

- By joining us, you'll directly contribute to the lives of individuals and families across Aotearoa.
- Bring your friends and family for a fun-filled evening of laughter, bingo, and connection.
- Help us ensure no one with kidney disease feels forgotten or unsupported.

**Mark your calendar, spread  
the word, and join us for a  
night to remember.**

**We can't wait to  
see you there!**



# Vegetables and Their Plant-Based Friends

Marsha Piddington, Renal Dietitian, Waitematā,  
Te Whatu Ora - Health New Zealand

## What's the big deal?

Vegetables and their plant-based friends are a key part of a healthy diet. We will focus on vegetables in this article, but it's good to know that other plant-based foods are often similar in terms of nutrients and fibre. These foods include herbs, fruits, nuts, seeds, legumes, and whole grains – we will come back to these foods later.

You've probably heard that you should aim for five servings of vegetables/veggies a day or that half your plate should be vegetables. But why? Let's take a closer look at why vegetables and other plant-based foods are so important to eat every day.

## Vegetables are...

**Packed with Nutrients**

Vegetables are full of vitamins and minerals. These are important for your body to do all the daily tasks that we aren't even aware are happening - from immunity to keeping your brain working well. Different vegetables have different nutrients, so eating a variety is important.

Challenge yourself to make your plate as colourful as you can with different veggies!

## High in Fibre

Vegetables are high in fibre. Fibre helps to keep you feel fuller for longer. More fibre also helps with controlling blood glucose levels, supporting regular bowel motions, managing cholesterol levels and weight management.

Fibre is important for keeping everything running smoothly through your stomach and gut. Fibre helps support and increase the healthy bacteria that live in your gut.

## Low in Energy/Calories

Non-starchy vegetables are lower in calories, they contain a lot of fibre and usually very little fat. Raw vegetables can also take longer to chew, which gives you more time to eat. Since our body's signals that tell us we're full can take a little while to kick in, eating slowly can help you recognise when you are satisfied and prevent overeating.



## **Vegetables and Potassium: I've heard I shouldn't eat some vegetables due to potassium, is this true?**

There are no vegetables that are 'off limits'. You can eat any vegetable. What is important, is that you eat a variety of different vegetables (so you are not eating large amounts of only 1 or 2 vegetables) and ensure you keep to the recommended serving sizes. Serving sizes are more important than the amount of potassium in a specific food or vegetable. If you are cooking vegetables, using the cooking method of 'chop, boil, drain' can help to remove potassium.

Overall, you want to be eating regular meals spread across the day and include vegetables as part of a healthy plate (Find an example of a healthy plate below).

## **Portion Sizes: How many veggies?**

Aim to have five serves of vegetables spread over the day, one serve is:

### **Non-starchy Vegetables**

- 1 cup of raw green leafy or salad vegetables (e.g., cucumber, capsicum).
- ½ cup cooked vegetables (e.g., pūhā, watercress, silverbeet, kamokamo (squash), carrot, broccoli, bok choy, cabbage, or taro leaves).
- ½ cup canned vegetables (e.g., beetroot, tomato, sweet corn).
- 1 medium tomato.

### **Starchy Vegetables/Carbohydrates**

- ½ medium potato or similar sized piece of kūmara, taewa (Māori potato), yam (Pacific or NZ), taro, cassava.

## **Ways to eat more vegetables:**

### **Prepare a Side Salad**

A side salad is an easy way to add more vegetables. Prep a base at the start of the week to have as a quick addition to meals. To keep this fresh, do not add any dressing until serving, try the following:

#### ***Simple Slaw***

*Red and/or green cabbage, carrot, and spring onion. Add a mix of lemon juice, plain yoghurt, fresh herbs, and pepper as a dressing when serving.*

#### ***Roast Veggie Tray***

Roast a mix of in season vegetables with oil, garlic (fresh or powder), herbs and spices. Serve with some fresh baby spinach and mixed nuts.

#### ***Garden Salad***

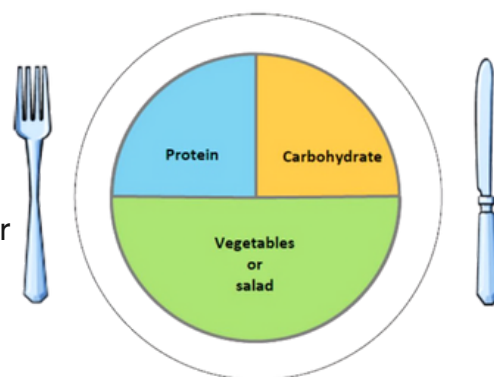
*Mix lettuce leaves with some fresh herbs, store with a lightly dampened paper towel to maintain freshness. In a separate container store cut up vegetables such capsicum, cucumber, tomatoes. Add these together on your plate to serve, try a simple dressing of lemon juice, olive oil and pepper.*

## 5 Ideas for 5 Serves: Add Veggies to Every Meal

1. Add mushrooms or tomatoes to your breakfast cook up.
2. Bulk up your breakfast smoothie with some frozen spinach or cauliflower.
3. Add cucumber, onion and capsicum to your lunch sandwich or salad.
4. Try a new vegetable in your mash – mix in swede, carrot, or pumpkin.
5. Grate up carrot or zucchini to bolognese, mince meals, soups, or casseroles.

## The Healthy Plate

The Healthy Plate provides a balanced approach to diet. Follow this when preparing main meals for an easy way to get in enough vegetables, protein, and carbohydrates!



Here are some plant-based examples of how to fill your plate:

**½ Plate of Vegetables or salad:** non-starchy veggies including leafy greens, tomatoes, cucumber, capsicum, eggplant, courgette and more!

**¼ Plate of Carbohydrates:** Starchy vegetables including potatoes, kūmara and taro. Wholegrains including rice, wholegrain bread or wraps, bulgur wheat and quinoa.

**¼ Plate of Protein:** Legumes including lentils, dhal, beans, chickpeas, tofu, and tempeh. Nuts & Seeds can be sprinkled on top of meals to give a small protein boost – almonds, walnuts, pumpkin seeds, sunflower seeds, or flaxseeds.

## Ways to include plant-based foods in your diet:

1. Add some mixed seeds to your breakfast.
2. Add crunch to your salad with some unsalted nuts.
3. Have a meat-free meal for dinner one night: try a new recipe using tofu or lentils.
4. Add some beans or lentils to your pasta dish to bulk it out.
5. Flavour your meals with herbs.



# Challenge yourself: Aim for 30+ plant-based foods in 30 days

If you're up for an extra challenge aim for 30 different plant-based foods in 1 week!

Get the whole whānau involved and try a new recipe this week. See the following links for some inspiration:  
[Recipes](#) | [Vegetables.co.nz](#) [Heart Foundation](#) – [Full-o-beans](#)

Missing your favourite plant-based foods? Have a go at making your own list with foods commonly used among your whānau or household.

**Tick off the plant-based foods as you go and see how many you can get!**

Here's hoping this article has highlighted all the great ways vegetables are good for your health. I hope it's helped you to befriend the humble vegetable and their plant-based friends, give the 30 in 30 days challenge a go!

## Veggies

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Avocado     | <input type="checkbox"/> Kūmara       |
| <input type="checkbox"/> Beetroot    | <input type="checkbox"/> Leek         |
| <input type="checkbox"/> Broccoli    | <input type="checkbox"/> Lettuce      |
| <input type="checkbox"/> Beans       | <input type="checkbox"/> Mushroom     |
| <input type="checkbox"/> Bok Choy    | <input type="checkbox"/> Onion        |
| <input type="checkbox"/> Butternut   | <input type="checkbox"/> Peas         |
| <input type="checkbox"/> Cabbage     | <input type="checkbox"/> Parsnip      |
| <input type="checkbox"/> Capsicum    | <input type="checkbox"/> Potatoes     |
| <input type="checkbox"/> Carrots     | <input type="checkbox"/> Pumpkin      |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Rocket       |
| <input type="checkbox"/> Celery      | <input type="checkbox"/> Silverbeet   |
| <input type="checkbox"/> Courgette   | <input type="checkbox"/> Spinach      |
| <input type="checkbox"/> Corn        | <input type="checkbox"/> Spring onion |
| <input type="checkbox"/> Cucumber    | <input type="checkbox"/> Tomatoes     |
| <input type="checkbox"/> Eggplant    | <input type="checkbox"/> Watercress   |
| <input type="checkbox"/> Garlic      | <input type="checkbox"/> Yams         |

## Fruit

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Apple      | <input type="checkbox"/> Lemon      |
| <input type="checkbox"/> Banana     | <input type="checkbox"/> Peaches    |
| <input type="checkbox"/> Berries    | <input type="checkbox"/> Pear       |
| <input type="checkbox"/> Feijoas    | <input type="checkbox"/> Persimmon  |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Pineapple  |
| <input type="checkbox"/> Grapes     | <input type="checkbox"/> Plums      |
| <input type="checkbox"/> Kiwifruit  | <input type="checkbox"/> Tamarillos |

## Nuts & Seeds

- |  |  |
|--|--|
| <input type="checkbox"/> Almonds                     | <input type="checkbox"/> Chia seeds      |
| <input type="checkbox"/> Brazil nuts                 | <input type="checkbox"/> Sunflower seeds |
| <input type="checkbox"/> Cashews                     | <input type="checkbox"/> Pumpkin seeds   |
| <input type="checkbox"/> Hazelnuts                   | <input type="checkbox"/> Flaxseeds       |
| <input type="checkbox"/> Pistachios                  | <input type="checkbox"/> Sesame seeds    |
| <input type="checkbox"/> Walnuts                     | <input type="checkbox"/> Tahini          |
| <input type="checkbox"/> Nut butters (no added salt) |  |

## Legumes

- |  |  |
|--|--|
| <input type="checkbox"/> Beans                     | <input type="checkbox"/> Lentils         |
| <input type="checkbox"/> Chickpeas                 | <input type="checkbox"/> Split peas      |
| <input type="checkbox"/> Peanuts                   | <input type="checkbox"/> Black eyed peas |
| <input type="checkbox"/> Soy beans (tofu & tempeh) |  |

## Herbs & Spices

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> Basil      | <input type="checkbox"/> Mint     |
| <input type="checkbox"/> Chili      | <input type="checkbox"/> Oregano  |
| <input type="checkbox"/> Chives     | <input type="checkbox"/> Parsley  |
| <input type="checkbox"/> Dill       | <input type="checkbox"/> Paprika  |
| <input type="checkbox"/> Ginger     | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Thyme    |

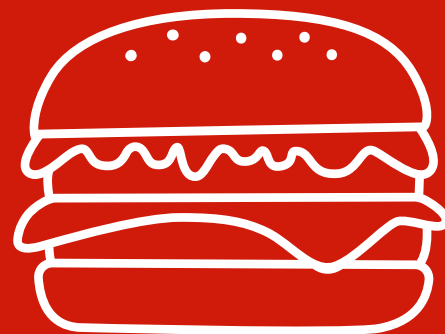
## Whole Grains

- |  |  |
|--|--|
| <input type="checkbox"/> Amaranth            | <input type="checkbox"/> Oats              |
| <input type="checkbox"/> Barley              | <input type="checkbox"/> Popcorn           |
| <input type="checkbox"/> Bulgar wheat        | <input type="checkbox"/> Quinoa            |
| <input type="checkbox"/> Brown rice          | <input type="checkbox"/> High fibre cereal |
| <input type="checkbox"/> Wholegrain bread    |  |
| <input type="checkbox"/> Wholegrain crackers |  |





# Beef and lentil burgers



**Serves 6**

*Please note that this is general guidance only. Ensure that these recommendations are suitable for your individual dietary needs, and consult your renal specialist before making any changes.*

## **Ingredients**

- 250g lean beef mince
- 400g can lentils, drained and rinsed
- 2 Tbsp tomato sauce
- 1 egg
- 1/3 cup parsley, chopped (optional)
- 1/2 medium onion, finely chopped
- 1 cup dried breadcrumbs
- 1 carrot, grated
- Pinch ground pepper

## **Method**

1. Combine all ingredients.
2. Knead mixture until well combined and sticking together.
3. Divide mixture into six portions, then roll into a ball and flatten.
4. Heat oven on grill.
5. Place the burger patties on a baking tray and grill until well browned on each side.
6. Serve with salad vegetables and a wholegrain burger bun.



## Help us support MORE people with kidney disease

*Last year, we reached out to gather your feedback on how we can improve our services, and you made it clear: we need more resources, greater education, and more support.*

*Today we're proud to support over 3,000 people and their whānau each year across Northland, Auckland, Waikato, Bay of Plenty, Tairāwhiti, Hawkes Bay, and the Lakes. But we know we can do more to support you, and there are many more who need our help. Our goal is to reach every person living with kidney disease.*

*1 in 10 people are affected by kidney disease. We dream of providing support to each and every one of them – and with your help, we can make this a reality. To make this possible, we need additional funds and donations are key to getting us closer to that goal.*

*We're committed not only to reaching more people but also to enhancing the services we already provide to you, our existing clients.*

### Your donations will help us:

**Expand our resources and provide more essential educational tools to help you and the many others who manage kidney disease.**

**To enhance the support you receive and deliver more personalised and frequent care to meet your needs.**

**Extend our reach, visit and connect with more individuals more regularly to ensure they get the expert advice and support when they need it most.**

**Every donation, no matter how small, makes a real difference. By giving today, you are directly helping those living with chronic kidney disease and their whānau to access expert, community-based care.**

**How to donate:** If you or someone you know can donate, please visit [kidneysociety.org.nz/make-donation](https://kidneysociety.org.nz/make-donation) or give us a call.

**Become a corporate sponsor:**

*If you own a business or know someone who does, and would like to support our work through corporate sponsorship, please contact Kath at [kath@kidneysociety.org.nz](mailto:kath@kidneysociety.org.nz) to discuss opportunities.*

**We thank you for your ongoing support and being a valued part of our community.**

# Do you have Autosomal Dominant Polycystic Kidney Disease and are not currently taking metformin?

## You may want to help in the IMPEDE-PKD clinical trial.

This study aims to determine whether metformin is a safe and effective way to protect kidney function in people with ADPKD.

If you're interested, you can find more information in this link below or scan the QR code

[kidneytrials.com/trials/impede-pkd](https://kidneytrials.com/trials/impede-pkd)



## IMPEDE-PKD TRIAL

A study looking to see if metformin protects kidney function in Polycystic Kidney Disease (PKD)



AND

Have polycystic kidney disease (it runs in families)



AND

Kidney function (GFR) between 38 and 90



AND EITHER

Very big kidneys



OR

Your kidney function (GFR) has decreased over time



## WHAT WILL TAKING PART IN THE STUDY INVOLVE?



It may not be possible for you to take part if you have:

- Diabetes
- Higher blood pressure
- Heart failure
- Active cancer
- Liver condition (other than caused by cysts)
- Dialysis
- Currently taking metformin
- Pregnant or breastfeeding
- Kidney transplant

Please contact the New Zealand Co-ordination team:  
 E: [impede-pkd.nz@otago.ac.nz](mailto:impede-pkd.nz@otago.ac.nz)  
 or PH: 03 244 1979

Funded by the Health Research Council and approved by the Health and Disability Ethics Committee (2023 FULL 12544)

[www.kidneytrials.com](http://www.kidneytrials.com)



# Gina's story from Gina herself

**A big thank you to Gina for sharing her story with us about her kidney transplant journey. Read her story in her words below.**



Ko wai au?

He uri ahau no Ngāti Kahu me Waikato.

Ko Gina Pikaahu tōku ingoa.

In August 2025, it will be four years since I received a life-changing kidney transplant, following two and a half years of haemodialysis at Calvert House in Mangere. I wanted to take a moment to reflect and offer encouragement to those currently walking this difficult path. My message is simple: be strong, stay diligent, and trust the expertise of your medical team. Listen to their advice, whether it's about attending appointments, adjusting your diet, or understanding your body's needs. The guidance of your team is essential for your journey.

There are many specialists involved in your care, from Renal Consultants to Endocrinologists and Cardiologists. It may seem overwhelming, but remember, you don't have to navigate this alone. Lean on your medical team, and make sure your family supports you.

How you receive and follow their guidance will play a huge role in your recovery.

The road isn't easy at first. There are challenges, but as you grow more familiar with your dialysis routine, you will start to notice changes in your body (if you haven't already). Stay aware of how your energy levels fluctuate and what your body can handle. And when the call comes for your transplant, be ready, as the experience can be both thrilling and terrifying.

I'm so grateful for my transplant and the second chance at life it's given me. It's not easy, but with the support of health professionals, you can make it through. Be kind to yourself, and remember: you are stronger than you think.

Mauri ora ki a tātou katoa,

Gina.





# WE'RE LOOKING FOR A KIDNEY FRIEND!

**We have a lovely client who is looking for someone to meet up for coffee and friendship.**

*She is 80 years old and on haemodialysis every Tuesday, Thursday and Saturdays and lives in the Manurewa area.*

*She is hoping to find another lady who is also on dialysis and speaks Hindi or Gujarati.*



**If you are interested  
please get in touch!**

**Call Tracey on 0800 235 711 or  
email [tracey@kidneysociety.org.nz](mailto:tracey@kidneysociety.org.nz).**

# Having Chronic Kidney Disease (CKD) and/or being on dialysis can make starting your wellness journey or finding suitable exercises challenging.

If you are wanting to improve your...

- ✓ **Circulation**
- ✓ **Posture**
- ✓ **Breathing**
- ✓ **Mobility**
- ✓ **Strength**



Our Kidney Society Wellness YouTube channel is a safe, supportive space designed especially for people living with chronic kidney disease (CKD) and those on dialysis.

It offers a collection of videos featuring gentle, effective exercises and wellness tips tailored to your needs. This channel was created to help us reach and support as many of our clients as possible - wherever you are. There are a range of easy-to-follow exercises and practical advice to help you maintain and improve your overall wellbeing, safely and confidently.

Simply search **KIDNEY SOCIETY** in the YouTube search bar and look for our logo or use this link: <https://www.youtube.com/@kidneysocietyadks>

Or you can scan the QR code below:



Please remember to **LIKE & SUBSCRIBE** to assist us with being able to provide more content to support people with CKD.

# Kidney Society in action:

## Our community events



We love being in the community and being able to have community events to help support you on our kidney health journey.

Our recent Hamilton Advanced Kidney Care session was a great success - thank you to everyone who attended! (See photos on the left.) We hope you found the session helpful as you navigate the path toward dialysis.



A special thanks to our guest speakers, Carey Penn and Colin Yates, for generously sharing your knowledge and insights. Your contributions were truly appreciated by all.



# The opening of Te Pureoranga – Waikato Regional Renal Centre in Hamilton!



**Our Chief Executive, Kath Eastwood, and Community Health Educator, Brian Murphy, attended the opening of Te Pureoranga – Waikato Regional Renal Centre.**

This facility has 53 dialysis chairs including 10 dedicated to home-training - alongside expanded clinical and education spaces and a dedicated whānau room. It was great to see Tama Potaka and Ryan Hamilton MP for Hamilton East at the opening, showing their support for renal health.

The demand for renal care continues to grow and is expected to increase by 30% over the next decade. There's so much we can and need to do to ensure everyone with kidney disease gets the support they need.

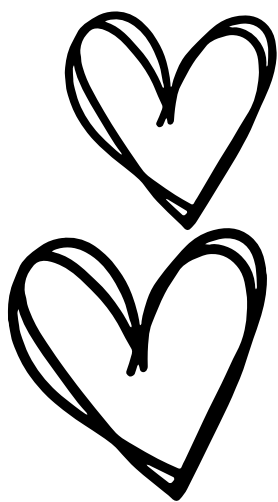
We look forward to a stronger focus on kidney disease, expanding treatment options closer to patients' homes and eliminating barriers to access.



# KIDNEY HEALTH MONTH WRAPPED UP!

**Thank you for all your support during our Kidney Health Month text-to-donate campaign in March!**

To everyone who donated, shared, and supported us throughout this month - your generosity and belief in our mission mean more than words can express. We are deeply grateful for your unwavering support.



**To our incredible clients** - your resilience, strength, and openness in sharing your journeys inspire us every single day. Your stories are a beacon of hope and courage, touching hearts far beyond our community.

**To the dedicated healthcare professionals** — thank you for standing on the front lines with such passion, care, and tireless dedication. Your commitment ensures that kidney health is not only heard but given the urgent attention it deserves.

Although this campaign has ended, our mission continues. Kidney health advocacy isn't just a moment - it's a lifelong commitment. Thanks to you, we are more determined than ever to keep raising awareness, pushing for action, and making kidney health a priority across New Zealand. From the bottom of our hearts - thank you for standing with us.





As a part of Kidney Health Month, our social worker, Niusulu Hellesoe, and CEO, Kath Eastwood, were at the **Renal Society of Australasia Education Day**. This event highlights the impact we have on the lives of individuals affected by kidney disease. The Education Day brings together specialists, clinicians, and researchers in nephrology, fostering collaboration and discussion on the latest advancements in kidney care.

**Thank You, Kohimarama Bowling Club!** A massive thank you to the Kohimarama Bowling Club for hosting such a fantastic afternoon of bowls in support of the Kidney Society!

Our CEO, Kath Eastwood, had a wonderful time connecting with everyone, sharing the realities of living with kidney disease, and highlighting the importance of continued support and awareness.

Your generosity and spirit make a real difference in raising awareness and supporting those affected by kidney disease. We are so grateful for your partnership.



We're incredibly grateful to everyone who stopped by our stand at the Truck Show at Tauranga Racecourse in March. Our Community Health Educator, Brian, shared valuable insights on live kidney donation in support of Kidney Health Month, helping to spark important conversations and raise vital awareness. A special shoutout goes to Terry and his team for their amazing efforts in rallying behind a colleague on their kidney journey — your support truly makes a difference. Thank you to everyone who took the time to chat with us, learn more, and show your support!

# FAQ

## FREQUENTLY ASKED QUESTIONS

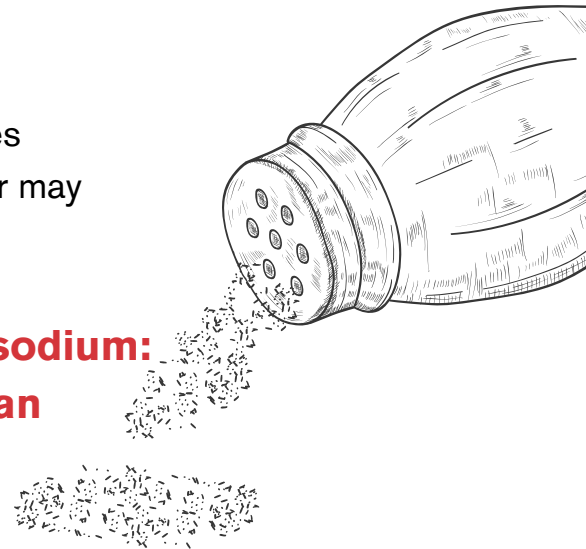
What is sodium and why should we eat less?



### What is sodium?

Sodium is a mineral found in salt and in many of the foods we eat. About 80% of the sodium we eat comes from processed and takeaway foods. Your salt-shaker may not be the biggest culprit!

**Did you know? Most of us eat too much sodium: New Zealanders eat around 50% more than what is recommended.**



### Why should I eat less sodium?

Eating less sodium can help reduce your blood pressure, and, therefore, reduce your risk of heart disease, strokes, and reduce damage to your kidneys.

If we eat too much sodium, it can contribute to:

- Oedema: noticeable swelling in your legs, hands, and face.
- Heart failure: too much fluid in the blood can overwork your heart making it enlarged and weak.
- Shortness of breath: fluid can build up in the lungs, making it difficult to breathe.

## How can I eat less sodium?

Reducing your sodium intake doesn't have to mean bland or flavourless food!

Try these simple tips to start reducing your sodium intake:

- Fresh is best, choose fresh foods over packaged foods or takeaways.
- Limit processed meats (ham, sausages, bacon, luncheon), smoked foods and foods in brine (food canned in salty water). These are all very high in sodium.
- Start using less salt in cooking. Try adding ½ the amount until you no longer need to add salt.
- Remove the salt-shaker from the table – this will help to reduce the temptation to add salt.
- Ask for food with no added salt at restaurants, cafes, and takeaway outlets.

Remember: it takes 6-8 weeks for your taste buds to get used to low salt foods, so stick with it and food will start to taste better without salt!

**Article kindly provided to us by Senior Renal Dietitians at Auckland City Hospital.**

**To read full article, please visit our website:**

*[kidneysociety.org.nz/tips-from-renal-dietitian](https://kidneysociety.org.nz/tips-from-renal-dietitian)*

## HAVE KIDNEY-RELATED QUESTIONS YOU'D LIKE TO ASK?

We welcome your questions and will address selected ones in future issues of the magazine. If you're curious about something, it's likely others are too - so by submitting a question, you're helping to share valuable information with the wider community. All questions can be submitted anonymously, and our goal is to provide clear, helpful answers that benefit everyone.

**Send your questions through to us at [contact@kidneysociety.org.nz](mailto:contact@kidneysociety.org.nz)**



# Shape the conversation



## Magazine information: Be a part of the Kidney Society magazine

Do you have an idea for the magazine or a story to share? This is your magazine, and we're here to include the content that matters to you. Send us your stories and ideas—we'd love to hear from you!

## Our magazine deadlines for 2025 are:

**August Magazine**  
**4 July, 2025**

**November Magazine**  
**3 October, 2025**

Send your thoughts to [contact@kidneysociety.org.nz](mailto:contact@kidneysociety.org.nz)

## Have you joined our Facebook community yet?

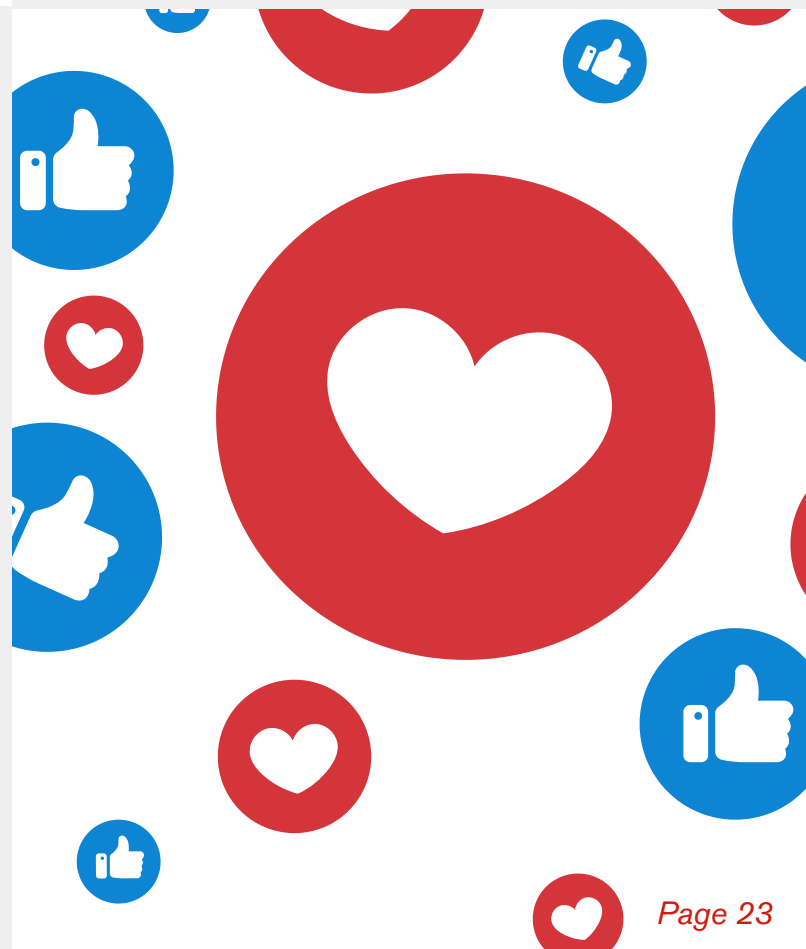
If you haven't, do follow our Facebook page, Kidney Society - ADKS.

It's a place where we share stories, what we've been up to, as well as our upcoming plans and events, information, statistics, and resources.

It's a place for us to be able to create a two-way conversation about how we can continue making a positive impact on you and others living with kidney disease together.

## Follow us here!

[www.facebook.com/kidneysocietyadks](https://www.facebook.com/kidneysocietyadks)



# UPDATES! IN-TAXI TECHNOLOGY FOR CHECKING TOTAL MOBILITY CARDS.

## **Auckland transport have shared an update regarding mobility cards, please make note of the below:**

Our drivers will soon have the ability to check whether your Total Mobility client has an active Total Mobility card, before their trip starts. It's unlikely that this change will be noticed, as they are an active Total Mobility client, but we are wanting you to be aware as there is a slight change of process for them with the taxi operators.

### **Why are we making this change?**

This change will help: Reduce potential fraudulent card use. Ensure a more consistent process across regions Improve the experience for both drivers and Total Mobility customers.

### **How does this impact people who are wanting to take a Total Mobility trip?**

Showing your Total Mobility card to your driver  
It's very important that Total Mobility cards are shown to the driver BEFORE the trip is taken, as per the below steps:

### **Using your card**

1. Contact an approved company to book your trip or hail a ride from a rank.
2. Give your card to the driver BEFORE the trip starts, or you will be charged the full fare.
3. Pay the driver at the end of the trip.
4. Keep your receipt.

If a Total Mobility card is not shown at the beginning of the trip, your client will be charged the full fare.

### **Non active card**

If the Total Mobility card is swiped and the driver advises that it is not active, your client will pay the full fare of the trip as it will not be discounted. Some reasons for the card to not be accepted:

- The client may be marked as suspended or cancelled in the Ridewise system.
- Your Total Mobility card may have been marked as invalid in the Ridewise system.
- The card is very old or damaged and the machine cannot read it by swiping.

### **Replacement card process**

If your client needs a replacement card and orders a new one, this will be sent in the post. This does mean that they will be unable to take Total Mobility trips until this arrives.

### **Updates to your Total Mobility status**

Any time either an Agency user or TM Coordinator makes an update to a clients Total Mobility Status (e.g. changes client to active, suspended, cancelled), there is a slight time delay for this to be recognised in the taxi. This is because the updates happen overnight.

### **When will these changes happen?**

The date that we expect this change to happen is on Wednesday 28th May 2025. We will keep you informed if this date changes and make sure that we send out plenty of reminders.

This will give your client enough time to check their status or order a new card if they think that may be required.



# A HUGE THANK YOU TO



**Who both support The Kidney Society with products and services that help us out greatly and are very much appreciated.**



Managing kidney health isn't just about information - it's about practical, accessible support. **That's why we're incredibly grateful to Marley New Zealand for supplying the materials for our foot rollers over the past eight years!**

Marley has generously provided hundreds of metres of pipe, which are cut, sanded, and sent to clients to help improve circulation, reduce cramps, and ease restless legs—common issues for people with kidney conditions. The foot roller is our most popular wellness tool, making a real difference in mobility and quality of life.

Meanwhile, our wellness educator, Tracey, had 2,488 interactions with clients in 2024, offering vital support through calls, home visits, and follow-ups. And with 3,500+ views, our digital wellness videos are helping even more people take control of their health.

Thank you, Marley, for being part of this journey!

# Kidney Bites Podcast

Kidney Bites, the Podcast" is set to launch soon.

Amanda Sluiter, Beat-CKD's patient engagement officer and transplant recipient is hosting the podcast to engage individuals living with Kidney disease and working in the nephrology field.

Stay tuned for thought-provoking discussions and inspiring stories with both consumers and researchers on "Kidney Bites the Podcast".



## BEAT-CKD Research Methods Seminar Series

**Beat-CKD's Research Methods Training Seminars cover a wide range of topics led by experts in the field aiming to build upon research skills.**

**Who:** Anyone interested in learning about qualitative research methods.

**Where:** Online via Zoom or in-person in Sydney.

### Upcoming seminars:

Thursday 10th July, 10:30am-12pm: Developing thematic schemas with Dr Chandana Guha

Guest speaker: Dr Siah Kim discussing (Consumer role in research a research/clinical perspective).

If you have any questions or would like to join, please contact Anastasia at [anastasia.hughes@sydney.edu.au](mailto:anastasia.hughes@sydney.edu.au)



# **A Gift That Gave Me Life - Gaye's Transplant Journey**

***Celebrating 30 years since her life-changing kidney transplant from her twin sister, Gaye reflects on resilience, family, and the incredible life she's lived thanks to the gift of organ donation.***

Gaye's story began with something as routine as a Red Cross training session at her son's playcentre. Her son Troy was just four years old when she discovered her blood pressure was dangerously high. She was only 32. That moment changed everything.

"It just went downhill from there," Gaye recalls. Over the following years, she endured multiple operations, managed dialysis while raising young children, and struggled to maintain daily life.

"Doing Continuous Ambulatory Peritoneal Dialysis (CAPD) four times a day, getting the kids to school, changing the bags - it was terrible. So hard to deal with when you've got a young family."

But Gaye was never one to give up. When she was 41, she received the greatest gift imaginable: a kidney from her twin sister, Lynne. "There was no rejection because it was the perfect match" she says.

"You really realise what that gift was. Without it, I wouldn't have done half the things I've done."

She's lived an incredible life that she has been very happy with since her transplant. Now living in Kerikeri, Gaye and her husband, Brian, designed and built their home over 23 months - right through the chaos of COVID.

It's been three years since they moved in. She calls it their sanctuary.

Her life post-transplant has been filled with rich experiences: she's had several holidays to Australia, the USA, and self-drive adventures through Europe, including France, Germany, Belgium, Italy, and Switzerland, and even lived in Northern China for three months.

**It's now been 30 years since Gaye's transplant, and Gaye says, "We couldn't have done any of it without the transplant."**



She's worked in rest homes as an activities coordinator, managed gardens, raised two sons, and now has four grandchildren aged 7 to 16.

"You've had that time with your family," she says.

"I'm lucky." Gaye loves crafts and croquet, lives on over an acre of land, and has filled her life with meaning and connection. "I've always thought: it will come right. You just take each week as it comes. You have to be positive. My granddad used to say: 'It's a long road that has no turning - the sun will shine again.'"

She credits a lot of her strength to her husband, Brian.

"Even after 50 years, you need someone beside you. He was so caring and supportive. I would've found it much tougher without him." And of course, Lynne - her sister, her donor, her daily lifeline.

"I talk to her every day, along with my younger sister, Carol. Without Lynne, I wouldn't be here. I wouldn't have done all of these things."

Living in a lane where neighbours include liver and kidney transplant recipients, Gaye says with a smile, "Some things are sent to try us - but you have to keep going." Even after recent heart surgery, her care team made sure her kidney remained protected.

She remembers a Kidney Society team member who sat down with her for an hour before her transplant. He told me everything that was going to happen. "You're so scared - it's the fear of the unknown. What he gave me was reassurance and it was invaluable."

**"My philosophy? Laugh every day. Do something you want to do. Brian and I just look at each other sometimes and think - we've done all right."**

To those considering organ donation, Gaye offers this: "If you can help someone by donating, it gives them their life. It's the most incredible gift."



*Gaye with her oldest grandchildren*



*Gaye with her twin sister, Lynne*



*Gaye and her husband, Brian, in France*





# INVITING PATIENTS LIVING WITH KIDNEY DISEASE

We want to ensure that research addresses life participation among patients living with kidney disease. We would like to invite patients living with chronic kidney disease to help us develop a meaningful way of measuring life participation.

## **You can participate if you:**

- are currently receiving dialysis (haemodialysis or peritoneal dialysis) OR
- have chronic kidney disease but are not receiving dialysis and don't have a transplant

**This research will involve completing questionnaires that assess your ability to participate in activities that are meaningful to your life.**

Please scan the below QR code to access the Participant Information Sheet/Consent Form which tells you about the research project. Knowing what is involved will help you decide if you want to take part in the research.



Participation in this research is voluntary. You will receive the best possible care whether you take part or not. Thank you for your consideration.

Dr Cameron Burnett & Anastasia Hughes  
On behalf of the SONG Life Participation Working Groups

# Living with kidney disease can be challenging for the person diagnosed, their whanau, and their community.



*Written by  
Counties Manukau Renal Health Psychologist*

## **Not only can it impact physical health, but it can also impact other areas of your health such as your emotions, wairua/spiritual connections, and the relationships you have with your whanau/ friends/community.**

One of the reasons a diagnosis of kidney disease can be so challenging is because it comes with a lot of change. Amongst other things, there may be changes to your diet, treatment/medications, and daily routines.

On top of this, a huge amount of information comes with a diagnosis of kidney disease, which at times can feel like learning a whole new language!

With so much change, it is normal for people to feel overwhelmed, worried, anxious, frustrated, angry, low, or depressed at points in their journey.

Research tells us that experiences of anger, anxiety and depression are common for people with kidney disease (Gadia et al., 2020; Kunwar et al., 2020).

Just like it is important to care for your physical health, it is also important to care for other aspects of your health.

People that come to see us often have good ideas on how to look after their emotional/ spiritual and relational health, such as connecting with whanau, enjoyable activities, or community events.

However, sometimes these ideas don't come easily, you may feel a bit flat, or it may seem as though there are lots of barriers in your way.

Renal health psychologists help by working with you to navigate and manage challenges that can arise with kidney disease and its treatment. We are trained to understand kidney disease, dialysis, and transplants, and how this relates to behaviours, thoughts, and feelings. In our kete are a range of proven therapies that can support a variety of challenges you may face. Areas we often work with include: anxiety and stress, grief, sadness, depression, anger, symptom management e.g. pain, lifestyle changes, sleep challenges, difficulty taking medication, fear of needles or medical procedures, and adjusting to life with a long term condition.

### **How can I see a renal health psychologist?**

At Counties Manukau, we work across inpatient settings and dialysis units, and we have outpatient clinics (offering face-to-face, telehealth, and Zoom sessions). We are far less scary than what you may have seen on TV – we don't wear white coats nor do we hover over you as you lay on a couch!

Whether you are under Counties Manukau or another region you can ask staff from the Kidney Society, your nurse, doctor, or other health professionals for a referral to the renal health psychology service for free, confidential support.

*- Counties Manukau Renal Health Psychologist*





# NEW ZEALAND TRANSPLANT GAMES

Join us at the World Transplant Games.  
A celebration of organ donation, global unity,  
and post transplant life! Compete with athletes  
from countries all over the world, all of whom  
have had a successful organ transplant.

The Games, held every two years in different  
cities around the world, offer unforgettable  
memories, new friendships, and a chance to  
represent your country in the world's largest  
event for transplant recipients, donors and  
donor families.

Dresden  
Germany 2025



Leuven  
Belgium 2027

## Our Mission

To celebrate the gift of life by honouring both living  
and deceased organ donors and their families  
through active participation in physical activities  
and events, including the World Transplant Games.

Our mission is to show courage, provide hope, and  
inspire all to live life to the fullest by fostering a  
community grounded in shared experiences and  
an enduring legacy.



[transplantnewzealand.org.nz](https://transplantnewzealand.org.nz)



Connect with transplant recipients and donors  
from all over the world.



Share your journey and inspire others on the  
organ donation and transplant path



Stay active and improve wellbeing through sport



**#POWEREDBYTHEGIFTOFLIFE**



The Kidney Society is a well-respected charity that relies on public donations, bequests, sponsorships, and other forms of financial support from the community in order to be able to meet the needs of those with a serious kidney condition. The Society's services are provided free of charge because we firmly believe that everyone with a kidney condition should have access to good quality support and information.

**We offer our sincere thanks to the following Trusts and Foundations who have recently provided grants to help fund our client services.**

**Pub Charity - \$60,000**  
**BlueSky Community Trust - \$4,000**  
**Robert Horton Memorial Trust - \$4,000**  
**Lottery Grants Board - \$30,000**  
**NH Taylor Charitable Trust - \$12,000**  
**Aotearoa Gaming Trust - \$15,000**  
**Four Winds Foundation - \$15,000**

**We acknowledge, and are grateful for, the generous support received from all of the organisations listed above.**

**In Memoriam Donations have been received in memory of:**

***Edgar Elsen***

**We offer our thoughts to family and friends and thank them for their support.**

**We would also like to extend our heartfelt thanks to the many people who have donated to the Kidney Society over the last three months. Every donation, no matter how small, makes a real difference. Thank you!**

**The Kidney Society welcomes public donations, and these are tax deductible. Donations can be made via the Society's website or directly into our secure bank account.**

**Details below:**

***Website address is: [www.kidneysociety.org.nz](http://www.kidneysociety.org.nz)***

***Bank account number: 12-3032-0705009-00***

**Please include your details so we can send you a receipt for tax purposes. If you would like to talk to us about a donation, sponsorship, or fundraising event, please contact Kath Eastwood on 0800 235 711 or email: [kath@kidneysociety.org.nz](mailto:kath@kidneysociety.org.nz)**

***A \$20 donation supports a client to receive this magazine for a whole year.***

***A \$96 donation funds the purchase of 20 Wellness packs for clients.***

***A \$240 donation funds a series of home visits to clients.***