

The **Kidney** Society **News**

Issue No: 245 Aug/Sep/Oct 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



Jack: Community Health Educator

Jack is one of our Community Health Educators and his role here is all about making kidney health easier to understand, translating medical language into something our people can connect with.



Riana: Social Worker

Riana is our Social Worker, here to support clients with advocacy, assessments, and access to resources - helping you navigate the ups and downs



Vanessa: Wellness Educator

Vanessa walks alongside the kidney community, supporting clients on their wellness journey through movement, lifestyle guidance, and meaningful kōrero (talk). Whether it's a stretch, a stroll, or a good yarn, she's here to uplift your hauora (wellbeing) in ways that feel right for you.



Tracey: Wellness Educator

Tracey supports clients in using safe, effective exercise to manage chronic kidney disease and improve quality of life. She provides guidance on fitness, mobility, and weight management—whether at home, in the gym, or in community programmes.



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.



Gina: Client Services Manager

Gina keeps both the office and community dialysis homes running smoothly. Staying in close communication with the team is key, and she finds the work both dynamic and deeply fulfilling.

COMMUNITY DIALYSIS HOUSE TEAM



Jenny: Community Dialysis Assistant

She supports the day-to-day running of three community dialysis homes, making sure clients feel safe, supported, and comfortable - truly "a home away from home."



Nathaniel: Maintenance Technician

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

THE KIDNEY SOCIETY: WHO, WHAT, WHERE.



ADMIN AND OPERATIONS TEAM



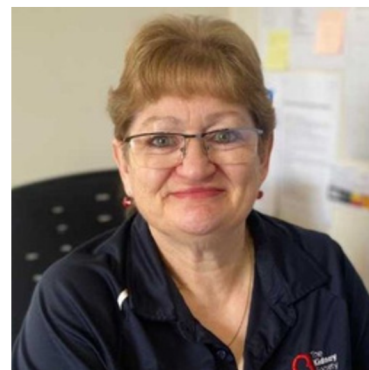
Joanne: Development Manager

Joanne leads our fundraising initiatives and partnerships, helping us grow our reach and impact across Aotearoa. She manages our donor care, our Legacy Programme (leaving a gift in your will), and fundraising initiatives.



Kath: Chief Executive Officer

Kath Eastwood leads the Kidney Society team in supporting clients through education, home support, community dialysis homes, wellness programmes, and more.



Maria: Office Assistant

Maria supports the team by helping clients by preparing new client packs, coordinating resources for community events, assisting with the quarterly newsletter, and more.

Whether you're living with kidney disease, supporting a loved one, or just want to learn more – the Kidney Society is your community of care! Get in touch when you need.

Call us

Phone: 09 278 1321
Freephone: 0800 235 711

Email us

contact@kidneysociety.org.nz

Head to our website

www.kidneysociety.org.nz

Connect us on socials

[@kidneysocietyadks](https://www.instagram.com/kidneysocietyadks)

Visit us

5 Swaffield Road, Papatoetoe,
Auckland

PO Box 97026, Manukau City,
Auckland 2241

Office hours

Monday to Friday
9am – 5pm

Kia ora from Kath



Kia ora koutou,

As we move into the second half of the year, I'm excited to share a period of growth and fresh opportunity here at the Kidney Society.

With new faces joining our team and more people connecting with us across the regions, there's a real sense of momentum and purpose as we look to the future.

We're thrilled to welcome several new staff members to our Kidney Society whānau. With their diverse skills, lived experience, and passion for community health, we're using this moment to reimagine how we deliver our services to best meet the needs of our kidney community. This is more than just filling roles - it's about expanding our capacity, reaching people in more meaningful ways, and ensuring we're set up for long-term impact.

Our new team members bring with them ideas that are already shaping how we engage with clients, especially around tailoring support to individual needs and reaching those in rural or under-served areas. We look forward to introducing them to you over the next few issues!

Recently, we had the privilege of travelling to Northland to visit clients and connect with local health providers. These trips are always humbling reminders of both the strength and the challenges our communities face.

Regional travel is a key part of how we stay grounded in the reality of kidney patients' lives outside the main centres and it's clear that access, equity, and consistency in care remain big issues we must keep working on.

Meeting with clients kanohi ki te kanohi (face to face) reinforces why we do what we do. I'm committed to ensuring our support and education services are accessible to all - no matter where they live.

We have an exciting community event that we'd love for you to be part of! Together with Ethel & Bethel - a hilarious comedy duo who also happen to be renal nurses, we are hosting a Comedy Bingo Night. If you haven't yet experienced the hilarity of Ethel & Bethel, now's your chance. It's a fantastic night out with plenty of laughs - all while supporting a great cause.

Thank you for being part of our Kidney Society whānau. Whether you're a client, carer, supporter, or health partner - your presence matters, and your voice helps guide our work.

As always, if you have feedback, ideas, or just want to connect, please don't hesitate to reach out.

Ngā manaakitanga,

Kath

Kidney Society Events



20

Wednesday
20th August 2025

Counties Pre Dialysis Session

Auckland Botanical Gardens, Friends Building
102 Hill Road, Manurewa, Auckland
Day session

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

12

Friday
12th September
2025

Ethel & Bethel Comedy Bingo!

Freemans Bay Community Hall
52 Hepburn Street, Freemans Bay, Auckland
Time: doors open at 6.45pm

For more information about the event or if you'd like to attend, please check out our website: kidneysociety.org.nz/ethel-and-bethel-fundraiser

19

Friday
19th September
2025

Hamilton Advanced Kidney Care Session

The Link Community Centre
4 Te Aroha Street, Hamilton
Time: 10am to 2pm

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



**A fantastic team lunch at our CEO Kath's place - the perfect occasion for a team photo!
We're missing a few faces, but stay tuned for the full group shot soon!**

A big welcome to our new team members!



I'm Jack, one of the new Community Health Educators at the Kidney Society. I was born and raised in South Auckland, and I'm proud of my Samoan and Niuean heritage. I come from a nursing background, with experience in general practice, palliative care training, and working in the Rheumatic Fever prevention programme in schools with young children and their whānau. My role here is all about making kidney health easier to understand, translating medical language into something our people can connect with.

What really inspired me to stay was the heart of this team, grounded in trust, care, and purpose. That's something I value deeply, and I'm here to carry that forward: to walk alongside our kidney community and bring hope where it's needed most.

Outside of work, I train in Brazilian jiu jitsu and enjoy the occasional split screen video game with my partner Yvonne. I've also come to appreciate a good pedicure, shout out to my partner for that. Who says the brothers can't enjoy a foot massage? 🙄



I'm so happy to be able to work for a wonderful organisation like the Kidney Society. It was a surprise to me that kidney disease affects 1 in every 10 Kiwis! Wow! I look forward to using my fundraising and relationship management skills to help increase the profile of the Kidney Society's work of caring for Kiwis living with kidney disease, along with their whānau, and growing our financial support base to do this work.

In my free time, I help tutor primary school children and help migrants with English language practice. For my "ME" time, I love being out in nature walking, hiking or camping. Yep, that's my happy place 😊.

A big welcome to our new team members!



I am a curious lifelong learner, social worker, animal lover and creative. I am of mixed heritage, originally from South African, I have lived in Aotearoa for a decade.

My areas of expertise include Health, Children and Families/Whānau, Mental Health and addictions, Inclusion and Neurodiversity. After completing a BA degree in Health and Social sciences, I worked as a pre and post testing HIV counsellor in a hospital setting overseas.

My social work experience includes a placement at a Community and Non-Government Organisation which supports whānau to care for their children with Autistic Spectrum Disorder or with Disability. I also have experience in a mental health respite environment where service users are supported in a homelike setting, and where they are supported spiritually and mentally. I also have a short stint in care and protection or statutory social work here in New Zealand.

Academically, I have completed a master's degree where my research topic was on "self-care" and which I hope to publish in the future. I am passionate about creating meaningful relationships and empowering people on their personal journey towards oranga (wellbeing).

I have a holistic lens, and I look forward to supporting The Kidney Society whānau.



Kia ora e te whānau, Ko Vanessa Kipa tōku ingoa, he uri ahau nō Tainui, Ngāti Hauā, me Maniapoto. I'm thrilled to be joining the Kidney Society whānau this August as your new Wellness Educator!

My background is grounded in hauora Māori, community health, and exercise prescription, with over 10 years of experience supporting whānau to live well—body, mind, and wairua. From leading lifestyle and movement programmes to supporting wellbeing in ways that respect people's different cultures and backgrounds, my mahi has always been about uplifting others in ways that feel real, connected, and empowering.

In my new role, I'll be walking alongside our kidney community, helping you navigate your wellness journey through movement, lifestyle support, and meaningful kōrero. Whether it's a stretch, a stroll, or a good yarn, I'm here to support your hauora in ways that work for you.

What drew me to the Kidney Society? Simple—ngākau. The heart of this kaupapa is the people. I was deeply moved by the aroha and manaakitanga that flows through the team, and I knew this was where I could bring my passion for supporting the wellbeing of all people—guided by values of connection, care, and respect.

My dream is to see our whānau thriving—not just surviving. I want to help create spaces where we don't feel like patients, but as valued members of a strong, supportive community. Because when one of us shines, we all shine. Ngā mihi nui, and I can't wait to meet you all soon. Me kākano koe i ruia mai i Rangiātea – you are a seed sown in the heavens.'

COMEDY BINGO NIGHT

with Ethel & Bethel

Friday 12
September,
2025 at
7.30pm

Freemans Bay
Community Hall,
52 Hepburn
Street, Freemans
Bay, Auckland.



R18+
event

***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.

SCAN
ME! >>



Scan the QR code above to buy ticket or use the following link:

kidneysociety.org.nz/ethel-and-bethel-fundraiser

Want to help promote our event? You can also find our promotional kit on the link above!

Managing your Phosphate level



Te Whatu Ora Counties
Manukau Renal Dietitians

What is phosphate?

Phosphate is a mineral found in the body that is needed to keep your bones healthy. Phosphate is found naturally in many foods, and your body does not absorb all the phosphate from these foods. Phosphate is added to many foods in the form of additives by the food industry. These additives are easily absorbed by your body and are found in a lot of **processed foods**.

Why does phosphate matter?

When your kidneys are not working properly, the level of phosphate in your blood can increase. High phosphate levels can cause **weak bones and heart disease**. People with kidney disease need to eat foods with less phosphate than they are used to eating.

Medications to lower phosphate

Take phosphate binders **five minutes before** eating.

Phosphate binders are medicines which help to lower your blood phosphate levels. They work by stopping the phosphate in your food from being absorbed into the blood. The two common types are **calci-tabs** and **alu-tabs**. They need to be taken with every meal. If you miss a meal, you can skip the dose.



Cooking **fresh, unprocessed food** at home is the best way to reduce dietary phosphate

What to look out for?

If a product contains phosphate it will be listed in the ingredients as an ‘E-number’. Common phosphate e-numbers are listed below:

338	Phosphoric acid	341	Calcium phosphates
339	Sodium phosphate	450	Pyrophosphates
340	Potassium phosphates	451	Tripolyphosphates

Lower phosphate flavouring swaps

Make your favourite winter meals with these lower phosphate, sodium swaps!



switch to...



switch to...



switch to...



switch to...





Homemade Chips



2 servings



10 minutes

INGREDIENTS

- 4-6 Flavoured tortilla wraps
- Optional: Salt free herbs or spices

DIRECTIONS



1. Preheat oven to 180°C.
2. Cut wraps into triangle shapes.



3. Arrange in lined baking paper.
4. Bake for 8-10 minutes (keep a close eye as it can burn easily).
5. Let it completely cool down and enjoy with your favourite dip (optional).



Note: If using herbs and spices - brush the wrap with some oil before sprinkling flavours.

Fresh Dips

Smoked Paprika Yoghurt Dip



4 servings



10 minutes

Ingredients

- ¾ cup greek yoghurt
- 1 tbsp oil
- 1 tbsp fresh lime juice
- 1 tsp honey
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 tsp garlic powder

Directions

- Mix together all of the ingredients in a small bowl. Set aside to rest in the refrigerator.



Garden Fresh Salsa



2 servings



15 minutes

Ingredients

- 1 small onion
- 2-3 capsicums
- 1 teaspoon cumin
- 2-3 cherry tomatoes
- 1 spring onion
- ½ teaspoon crushed garlic
- 2 tablespoon lemon/lime juice
- Several sprigs of coriander/parsley

Directions

- Cut fresh ingredients into small pieces or pulse all the ingredients in a blender to desired consistency.

Optional add-ins for recipe variations

- Avocado, Corn
- Fruit e.g. apple/pineapple (juice drained), peaches
- Feta cheese
- Other spices - paprika, chilli/chilli flakes



Phosphate Escape

Help Kora the Kidney and her friend find her way to a LOW phosphorus meal!!

Instructions: Start at the 🍌 and help Kora the kidney and her friend go through the maze. Only go through foods that are **LOW** in phosphorus. Avoid paths with high phosphorus foods.





HOW DO WE FUND OUR WORK?

The Kidney Society has been supporting people living with kidney disease for more than 45 years, and we officially became a registered charity in 2008. To continue offering our services free of charge, we rely on a mix of generous contributions from individuals, organisations, and community groups. All donations are tax deductible.

PUBLIC DONATIONS:

Every donation helps us make a real difference in the lives of people with kidney disease. We are deeply grateful to all our donors—your support makes our work possible.

GRANTS:

We regularly apply for grants to help fund the free services we provide. These grants are a vital part of keeping our programmes running.

COMMUNITY FUNDRAISING:

We occasionally organise fundraising events to raise essential funds. We also welcome support from individuals and groups in the community who are keen to help us fundraise.

CORPORATE SPONSORSHIPS:

We truly appreciate the support of local businesses that donate, sponsor events, or help us fundraise. Their partnership plays an important role in our ongoing work.

BEQUESTS:

A gift left in your Will can create a lasting legacy. Bequests help ensure we can continue providing support to people with kidney disease for generations to come.

Please visit our website for more information about all the ways you can support us: www.kidneysociety.org.nz

“At the Kidney Society, we could not do what we do for those living with kidney disease, without the financial support of our donors. It’s only in partnership together that we can help those with kidney disease live their best life.”

Kath, CEO Kidney Society

A few things you should know about stress!

*Written by Riana Shaw,,
Kidney Society Social Worker*



Living with Chronic Kidney Disease can be very stressful and can take a toll on your emotional wellbeing. There are a few things we need to know about stress.

Stress is a completely natural human response to pressure. Pressures could arise from demanding situations that we all face in our day-to-day. Stress can have several unwanted symptoms that could affect us in many ways. Some physical symptoms include muscle tension, problems with sleep and even digestive issues. Stress can also affect our emotions and make us feel overwhelmed, irritable and anxious. Chronic stress could affect our ability to make decisions and even have an effect on our behaviours, an example of this is withdrawal from social supports.

Our body and mind experience stress as we adapt to the continually changing environment around us. One of the reasons a diagnosis of kidney disease can be so stressful is because it comes with a lot of change.

Stress is however, a normal part of life. It is our internal response to external events. We know that stress is a normal part of life because even positive experiences can make us feel “stressed”, think about your wedding day or an important event in your life that was stressful but also a very positive experience.

The key is to manage your stress tolerance and have a health outlet and times of relaxation.

The stress bucket analogy was created to help people measure their stress tolerance. How much can your bucket hold before it overflows?

Our stress tolerance or size of our bucket is a product of our genes, personality and life experiences. The size varies from person to person. The water in the analogy is a combination of all of the stresses in our lives, this could include worries about our health, finances or relationship issues for example. We cannot change the size of our bucket, however, we can develop coping strategies to keep our bucket from overflowing. These coping strategies are like taps that allow water to drain from the bucket. It is important to find ways to empty our stress buckets.

This could include spending time with people we love, meditating or doing something we enjoy.

Have a topic you'd like to ask our social worker to cover in our next edition?

Send through your ideas to contact@kidneysociety.org.nz

Using the ABC method could enable you to take back control of how you feel and might even empty some of the water in your bucket. Use this anytime you feel anxious, stressed or overwhelmed & want to pause for a moment of clarity, peace and centredness.

A – Awareness

Notice the negative feelings and thoughts without judgement. Trying to stop negative thoughts and feelings are like trying to jump in front of a moving car to stop it. It rarely works! Instead, just notice the thoughts and feelings. Have some self-compassion. You might say something to yourself like: “I am noticing that my thoughts are racing and I notice that I feel worried”.

B – Breathing

Activate the parasympathetic nervous system. This nervous system is associated with rest and digest and helps the body recover after periods of stress. You might try this breathing exercise. Breathe in for 3 seconds, Hold your breath for 3 seconds, exhale for 3 seconds and hold again for 3 seconds before your breathe in again. Adjust the length of your breath to what feels most comfortable for you. You might do this for 30 seconds or up to 5 minutes for more experienced practitioners.

C – Conciously, come back into your body.

Be more present in the moment. By being concious, we can take a step back and start noticing things around us.

Notice a few things that you can see, touch, smell or hear. By shifting our perspective and focus, we ground ourselves in the present. You could try slowly pushing your feet hard into the floor. Or slowly pressing your fingertips together. Slowly stretching our arms out.

Note: You are not trying to turn away from, avoid or distract yourself from what is happening in your inner world.

The aim is to remain aware of your thoughts and feelings, continue to acknowledge their presence but at the same time, come back into and connect with where you are.

In other words, you are expanding your focus: aware of your thoughts and feelings, and also aware of your body while actively moving it.

Takeaway thought: Stress is a normal part of life.

We just need healthy ways and outlets to ensure that our buckets do not overflow with negative emotions. Practice mindfulness as often as you need, it might be helpful at the start to use the ABC method a couple of times a day.

Don't be afraid to reach out for support. Seeking help from others can significantly improve your ability to manage stress and maintain your inner well-being.

FAREWELL TO OUR WONDERFUL WELLNESS EDUCATOR, TRACEY!



In the earlier years of her career, Tracey was a personal trainer for patients (and medical professionals) for chronic conditions such as cardiac rehab, diabetes, Parkinsons and muscular skeletal conditions.



When Tracey joined the Kidney Society team in July 2005, she says she had no real awareness or knowledge of Chronic Kidney Disease (CKD) or dialysis treatment. Therefore, she spent her first three months working alongside Rachel Barrett, who was the health educator back then, and Nora Van Der Schrieck, the founder and CEO of the Kidney Society, and with local renal teams, to learn about CKD.

Working together, they developed a 12-month pilot programme for patients living with CKD. The focus of this pilot programme was to create and implement a suitable exercise programme specifically designed to support the needs and challenges facing patients with CKD. Through this pilot programme, a Wellness Pack was created with simple exercise equipment, along with a selection of suitable exercises for patients to use in their homes.



Then The Kidney Society was offered funding to create exercise and wellness videos that patients could access from home. Tracey took on this challenge, producing several videos to help patients rebuild their muscle strength and wellness from home. These videos also support many others with CKD across Aotearoa. Now, twenty years later, the wellness program is a fundamental part of what the Kidney Society provide.

It takes an amazing team, who include community health educators, a social worker, wellness educator and support staff who are all committed to supporting the needs of our clients.

When we asked Tracey why she stayed working with renal patients for so many years she said, “Renal patients get under your skin. When they are diagnosed with CKD, they have this condition for life! The challenges they face every day due to their condition and treatment is incredible...**The people we support are AMAZING! CKD impacts every aspect of their lives, from energy levels, muscle function, joints, mobility, nutrition and things that many of us take for granted like freedom to make choices about your life.** Knowing that the Wellness Programme has a direct impact on improving the quality of life and health outcomes for people with CKD is very rewarding for me.”

As Tracey prepares to leave the Kidney Society, she reflects, “working with renal patients has given me a very special perspective, to value my life and health and not take it for granted. My partner and I have been given an amazing opportunity to be based overseas and travel for a couple of years. It is an incredible opportunity because I love traveling and being exposed to new people, places and cultures. I am planning to do some volunteer work while we travel and take some time to study. My favourite saying is ‘life is what happens when you are busy making plans’, so I’m excited for this new direction in my life.”

We honour Tracey for the exceptional contribution and innovations she has made in supporting renal patients, for her professional excellence and training of other professionals, and for being a wonderful and positive member of the Kidney Society team for 20 years. We wish you well, Tracey!



Thank You!

I think we are all often amazed at just how fast the years fly by. It is still hard to believe that I have been at the Kidney Society for 20 years! And not many people get to say they really love what they do, but I have. And believe me when I say it was not an easy decision to leave.



I have been incredibly privileged to have been the wellness educator. It is a very unique role and one I am very proud of. When I was first asked to come on board and assist in the development of the programme I had no awareness of kidney disease. Being part of the team and working with the clients to learn and build the program to what it is today was an amazing experience.

I have worked alongside so many incredible clients and their whanau. Being part of their journey and providing support and information to improve their strength, mobility, fitness and understand how exercise can assist them, has been very rewarding.

I would like each of you to remember how incredible you are. Having kidney disease is one of the most challenging health conditions anyone can face. And over the years I have met so many of you who have shown strength, courage and resilience.

Thank you!

To the Kidney Society team, both past and present. You are wonderful. You have all supported this programme to grow and develop over the years. All of your shared knowledge, patience and dedication to your work to continue to support the clients is inspiring.

Thank you!

I really feel this job has made me a better person. It has made me learn more, listen more and be more grateful.

And I leave knowing the programme will continue to support clients with their health management for many years to come.

Thank you!

Tracey Drinkwater

Ways to feel good this month

Have you tried our SpinPoi routine yet? This was specially designed for people living with kidney disease.

Developed in partnership with SpinPoi, this gentle, low-impact routine supports your physical and mental wellbeing - and it's easy to do at home, at your own pace.

The routine features our amazing Kidney Society whānau: Awhi, Siu, and Jenny, showing just how empowering and wonderful movement can be. Don't forget to check it out and let us know your thoughts!

Just search "Kidney Society" on YouTube and look for our logo, or use this link:
www.youtube.com/@kidneysocietyadks/videos

Don't forget to subscribe! It makes it easier to find our videos and helps us create more content for you.

Start your fitness journey with the Kidney Society YouTube Wellness Videos - created specifically for people with CKD, dialysis, or transplant. These videos are perfect if you're new to strength training or haven't exercised in a while.

Our channel covers a range of easy-to-follow videos designed to support your health and fitness. You'll find guided sessions on improving posture, breathing techniques, circulation, leg and upper body strength, warm-ups, cardio workouts, and stretching - all tailored specifically for people with kidney disease.

Whether you're just starting out or looking to build strength, these videos provide practical, gentle exercises to help you stay active and well.



SUBSCRIBE





IS NOW RECOGNIZED BY THE WORLD HEALTH ORGANIZATION

We're so please to see that World Kidney Day is officially recognised by the World Health Organization as a global public health day a huge moment for kidney awareness around the world.

This recognition puts kidney health where it belongs: on the global stage. We're proud to support the message here in Aotearoa and celebrate alongside the international kidney community.

This milestone results from years of dedicated efforts by nephrology societies, healthcare professionals, patient advocates, civil society, and other stakeholders to recognise and address the alarming and growing burden of kidney disease, especially in low and middle income countries.

In a recent article, the International Society of Nephrology (ISN) thanked all those who have supported the resolution. "Passing this resolution is only the beginning," states Professor Tonelli, "Now we must follow-through and turn words into actions: We need steady investment, teamwork across sectors, and real action in every corner of the globe. This isn't just about better kidney care - it's about making healthcare fairer and more accessible for everyone, especially in lower-income countries that need it most."

FOR MORE INFO:

<http://www.worldkidneyday.org>

Bringing Kidney Health to the Community



Kidney Health New Zealand (KHNZ) continues to grow its community kidney screening programme, reaching more people in high-risk and underserved communities across the country. These events are making a real difference—helping detect kidney problems early, providing education, and connecting people with the care they need, sooner rather than later.

What is community kidney screening?

Community screening is a proactive way of finding out if people have early signs of kidney disease—often before they notice any symptoms. It's a simple health check with a big purpose: to catch chronic kidney disease (CKD) early, when there's still time to slow or stop its progress.

Why is it so important?

One in ten New Zealanders have kidney disease, but most don't know it. That's because kidney problems often develop silently, with no clear warning signs until they've reached a more serious stage. By the time symptoms show up, treatment options can be more limited and much more costly.

Screening helps bridge this gap. It raises awareness about the risks (like diabetes and high blood pressure), encourages regular monitoring, and gives people the chance to act early.

It's especially valuable for people who don't regularly see a doctor, whether due to cost, transport issues, or mistrust of the healthcare system. By going directly into communities—like local festivals, marae, and neighbourhood centres—KHNZ is making these vital checks more accessible and equitable.

When kidney disease is picked up early, there's a lot that can be done. Lifestyle changes, medication, and managing conditions like diabetes or high blood pressure can make a big difference—helping people stay healthier and avoid dialysis or a transplant.

Screening in 2025: Progress so far

This year alone, KHNZ has screened 834 people for signs of CKD across 21 events. The results highlight how important these checks are. At the Pasifika Festival, for example, 28% of those screened had stage 3a CKD or lower. Around 35% had high blood pressure, and more than half needed a referral to their GP. These findings are in line with what's being seen at other events around the country—proof that screening works and is much needed.

Looking ahead, KHNZ is committed to growing this programme even further, with a strong focus on partnering with regional and Māori-led health providers to ensure that services are culturally responsive and targeted where they're most needed.

Community kidney screening helps uncover hidden illness, support vulnerable groups, and shift the focus of care from crisis to prevention. It's a powerful tool in tackling the growing burden of kidney disease—and making sure more people get the care they deserve, early.





Leave a gift in your will

What a gift in your will can mean:

At the Kidney Society, we don't want anyone to face kidney disease alone.

A gift in your will help us continue offering free wrap-around support services for individuals living with kidney disease, and their whanau, into the future.

Having a will is an important legal document which ensures that those you love are provided for. We encourage you to seek the advice of your lawyer when drafting your will and whenever you update an existing will, to make sure your wishes are provided for.

Including a gift to the Kidney Society in your will, is a wonderful thing you can do when you next update your will.

What type of gift can I leave?

There are four main types of gifts you can choose to leave to a charity.

1. Pecuniary or specific:

A specified gift which can be money, property or stocks and shares.

2. Percentage or fractional:

A gift expressed as a percentage or fraction of your estate.

3. Residual:

The remainder of your estate after considering your loved ones.

4. Whole estate:

This comprises your entire estate and is usually left by those without beneficiaries or those wanting to achieve something very significant.

Do I have to be wealthy to leave a gift in my will?

No, anyone can leave a gift in their Will, no matter the size of their estate. Even if you own limited assets, you can still leave a specified cash gift to your designated charity in your will.

FAQ

FREQUENTLY ASKED QUESTIONS

Can I have dialysis while on holiday in NZ?



If you're on dialysis and planning a holiday around New Zealand, the good news is: yes, it is possible, but it does come with some challenges. With a bit of planning, you could still enjoy time away while continuing your treatment safely.

Some dialysis units across New Zealand accept visitors for temporary or "holiday" dialysis. However, due to increasing pressure on the health system, securing a spot has become more difficult than it used to be. If you're hoping to arrange holiday dialysis, it's essential to plan well in advance, but even with preparation, please be aware that a space may not always be available.

Types of dialysis holiday options in NZ:

1. Home haemodialysis: If you're trained and doing dialysis at home, you may be able to arrange to travel with your machine, using a kitted-out campervan* or use a unit in another location with prior approval. If you are home trained, you may be more likely to get a dialysis space as you do not require staff. Inform the unit that you are home trained and do not require staff when making the enquiry, and the machine that you use.
2. Peritoneal dialysis (PD): Travelling with PD is usually more flexible. Your supplies can be delivered to your holiday destination by your provider (Fresenius or Vantive) with enough notice.
3. Hospital-based and satellite/community dialysis units: due to high demand, these facilities have very limited capacity for holiday patients, and a spot may not always be available.

How to arrange holiday dialysis:

1. Contact the unit close to where you are visiting. Ask directly if they have space and then follow up with an email. Alternatively, if you have family living in the area, get them to drop into the unit and find out if there is space. If in Australia, ask if there is a charge for the treatment as well.
2. Talk to your renal unit or kidney nurse.
3. They will help coordinate with the unit in your holiday destination, provide your medical records, and confirm your dialysis schedule.
4. Be flexible with travel dates.
5. Availability can be limited, especially in smaller centres or during holidays (like Christmas or school breaks).
6. Plan early.
7. Aim to start planning at least 8–12 weeks in advance. The earlier, the better.

Who can help?

- Your renal nurse or social worker – first point of contact.
- Kidney Health New Zealand – provides information and may help with planning.
- NZ dialysis units – you or your team can contact them directly to check availability.

Top tips for a stress-free holiday:

- Confirm all dialysis bookings before booking accommodation or flights.
- Pack medications, treatment records, and your health card.
- Carry emergency contact info for your renal unit.
- Allow extra time for delays or last-minute changes.

Enjoy your holiday — with the right planning, dialysis doesn't have to hold you back from exploring New Zealand!

*Campervans are available for hire from the Waikato Renal Unit or Christchurch Kidney Society.



FAQ

FREQUENTLY ASKED QUESTIONS

I'm leaving the hospital after a long stay, what should I keep in mind?

If you've had a long hospital stay, it's important to ensure a discharge plan is completed before you leave the ward. If you'll need help at home, make sure the Hospital Social Worker is involved, or that the medical team overseeing your care is aware of your needs. They can assist with sending referrals and ensuring that support is either in place or on its way by the time you're discharged. Family members can request a meeting with the Social Worker or the care team to raise any concerns—with you present.

Don't leave this until the last day, as it may be too late to arrange everything in time. Support could include Occupational Therapy (OT), Physiotherapy, a Needs Assessment for home help, or referrals to community groups for ongoing support. If you are under ACC, be sure the ACC claim has been submitted. Once you leave the hospital, your care transitions from the hospital team to your General Practitioner (GP).

Be aware that accessing support through your GP can take time and may be costly. It is much easier to have these services arranged while you're still in hospital.

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

Explore our updated services webpage

We heard you in our last survey, many of you told us you weren't fully aware of the wide range of services the Kidney Society offers. So, we've made it easier for you.

Our website now features a dedicated services section, with individual pages detailing every service we provide. From health education delivered through home visits and phone support, to social work assistance, our wellness programmes, and three community dialysis houses - we've made the information more accessible.

On these pages, you'll find clear information on how each service supports you, the steps to access support, the referral process, and real quotes from clients who have benefited from our care. If you have questions or need support, reaching out is simple. Just visit our website or email us directly at contact@kidneysociety.org.nz. We're here to help.

Visit our new services page: kidneysociety.org.nz/our-services



Health education

Supporting you and your whānau to better understand your kidney condition through home support, phone support and resources.

[Find out more](#)



Social work support

Supporting you and your whānau with social work support so you can live the best quality of life available to you.

[Find out more](#)



Wellness programme

Our tailored wellness programme is designed specifically for you, taking into account your unique needs and goals.

[Find out more](#)



Community dialysis

Flexible, independent dialysis — your home away from home.

[Find out more](#)

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:

November Magazine
3 October, 2025

Send your thoughts to contact@kidneysociety.org.nz

Have you joined our Facebook community yet?

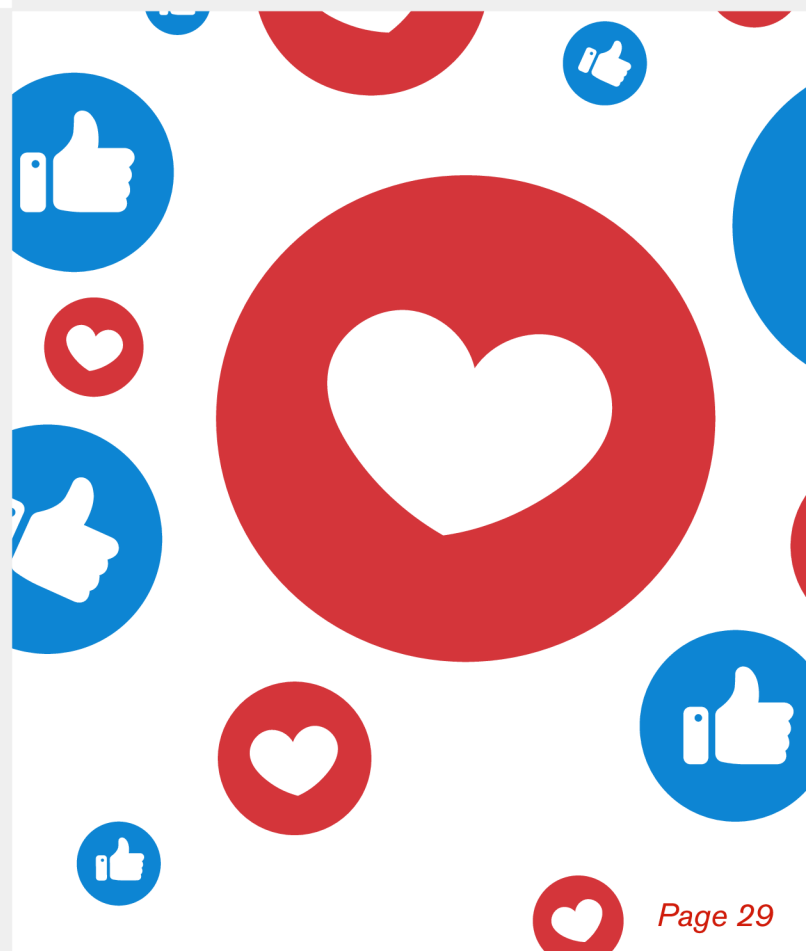
If you haven't, do follow our Facebook page, Kidney Society - ADKS.

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





Kiri's Story - “The Greatest Gift”

Kiri was born prematurely at just two months, and from the very beginning, her journey was marked by challenges. Diagnosed with congenital kidney dysfunction, doctors initially believed she might not survive past her second birthday. But Kiri's resilience and strength proved otherwise.

“My kidney failure was a slow progression,” Kiri shares. “They told my parents I wouldn’t live to two, but here I am.” For many years, Kiri managed to live with her own kidneys until, at age 33, she began the transplant process.

Her brothers both offered to be donors, a testament to the powerful support system around her. Her first kidney transplant in 2012 from one of her brothers, came before she even needed dialysis. The surgery had complications. Blood supply issues required her to go back into surgery but the transplant was ultimately successful.

Kiri gratefully lived with her brother's kidney for about nine to ten years.

Wanting to start a family, Kiri was supported by her doctors and she had her son, Kahurangi, whose name means “the greatest gift,” honouring the gift of life she received from her brother. “My son’s name means the greatest gift because my brother gave me the greatest gift: his kidney,” she says. “Faith has been essential - it’s something beyond yourself. You just give it all over. It helps you survive everything that comes at you.”

Kiri's journey included peritoneal dialysis for a year and a half, which was tough, especially managing it with a young child at home. But with support from her husband and family, she navigated those challenges. Her second kidney transplant came from her other brother, a pediatrician, after he returned from completing his studies in England. This transplant was a perfect match, but the high doses of immunosuppressants led to diabetes. Kiri has been working on managing this through her diet and with plans to add more movement into her routine.

Today, Kiri is working full-time, enjoying life, and looking forward to traveling again. She credits her renewed health and happiness to the unwavering support of her husband and family - and most of all, to her brothers. Their love, encouragement, and the life-saving gift of a kidney have given her a second chance at life. Kiri thanks the support from people like Kidney Society's Wellness Educator, Tracey, who helped her stay motivated through health programmes and wellness support. "I want to give a shout-out to Tracey - she is amazing," Kiri says.

"Having someone on your team makes all the difference when you feel alone. You need people who get it."

Looking back on her journey, Kiri offers this advice:

"Life is short. You need to appreciate what you have because it can be taken away in a flash. Faith gets you through in the end."





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.

**Dragon Community Trust - \$5,384
Esme & Tom Tombleson Charitable Trust - \$4,000
The Lion Foundation - \$24,000**

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

We're incredibly grateful to NZ Couriers for their ongoing donated services, and to Marley New Zealand for generously supplying materials.

In Memoriam Donations have been received in memory of:

Takutai Tarsh Kemp

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

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

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.