The Renal Messenger

SUMMER

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Summer 2013
This issue has been funded by The Community Organisations Grants Scheme
From the Editors Desk...

I hope you have enjoyed the summer sunshine, we have had quite a spectacular run so far and only a couple of weeks left until Autumn! The garden outside the KIC has sprung into wildflower, the efforts of our small group of volunteer gardeners creating a lovely welcome back to the office for 2013.

Kidney Health Week is the first event on our agenda with plans well underway throughout the country. The focus this year is on those with a family history of CKD and for our own members we have organized an opportunity for your family members to have free blood pressure and urine checks on Monday March 11th between the hours of 4pm and 7pm — more information on the next page.

Pot Luck Lunches resume in March on a bimonthly basis. We have two lined up so far and are seeking your suggestions for future topics of interest. Please email the CKS with your thoughts and we will do our best to find good speakers for the sessions.

This edition of the Messenger introduces you to two of our most recent volunteers and to Dialysis Services new charge nurse manager. We also honour the service and contribution to transplant surgery of our patron Prof. John Morton who retired from the Hospital late last year.

For those who take advantage of the Entertainment Books as a way to help us help ourselves and in doing so, enjoy the discount benefits the book offers the first alert is out so please email me and reserve your copies. As usual the supply will be limited.

A few dates for your diaries:

- Kidney Health Week - March 10th to 16th
- Blood pressure and urine checks at the KIC— March 11th 4pm to 7pm
- Pot Luck Lunch - Friday March 22nd with Guest Speaker Judy Giles on “Weeds and Herbs; Home-grown Potions”.
- Pot Luck Lunch - Friday May 25th with Guest Speaker Carmel Gregan-Ford on “Fatigue and other pre-dialysis issues”

Keep well, keep smiling, Kate
Family History of Kidney Disease

Kidney disease is serious—it can cause the kidneys to fail, which means a person must either go on dialysis, get a kidney transplant, or choose to have conservative treatment. If you have a family history of kidney failure, it puts you at risk too. The good news is that there are things we can do to protect our kidneys.

It is known that some kidney diseases are inherited, such as polycystic kidney disease, Alport’s syndrome and some causes of kidney stone disease have a known genetic link.

Some of you may know that you have diabetes or high blood pressure, but may not know that these conditions put you and members of your family at risk of developing kidney disease.

Is there a history of Kidney disease in your family?

In conjunction with Kidney Health New Zealand we are offering free blood pressure checks and urine tests to your family members on Monday March 11th between 4.00pm and 7.00pm at the Kidney Information Centre, level 1, 230 Antigua Street, Christchurch.

People with a family history of CKD are at an increased risk of developing kidney disease so encourage your family to take this opportunity to get checked.

To help us estimate the numbers, please email us at c.ks@xtra.co.nz or phone Christchurch 3795529 and let us know how many family members are likely to come along.

The following is some useful background information prepared by KHNZ Education Manager Carmel Gregan—Ford.

Family History of Kidney Disease

Kidney disease is serious—it can cause the kidneys to fail, which means a person must either go on dialysis, get a kidney transplant, or choose to have conservative treatment. If you have a family history of kidney failure, it puts you at risk too. The good news is that there are things we can do to protect our kidneys.

It is known that some kidney diseases are inherited, such as polycystic kidney disease, Alport’s syndrome and some causes of kidney stone disease have a known genetic link.

Some of you may know that you have diabetes or high blood pressure, but may not know that these conditions put you and members of your family at risk of developing kidney disease.
What can I do?

It is important to talk to your family members and help them make the connection between their diabetes or high blood pressure and their kidney function. If your family has a family history of kidney failure, be sure to emphasize that connection.

Encourage family members to find more information. Check out relevant websites such as www.kidneys.co.nz or free phone 0800 KIDNEY for information about kidney disease.

If a family member is not comfortable talking about their health, don't pressure them, you can express your feelings of concern and let them know that you'll be ready to talk whenever they are. Acknowledge that it's not always easy to face our personal health problems. Be supportive and listen. Emphasize that the final decision to talk to the doctor is theirs. You may even wish to offer to go to the doctors with them.

What tests should I have?

There are two tests people at risk for kidney disease should have. The first test is a blood test. This test is used to check your glomerular filtration rate (GFR). This tells you how well your kidneys are filtering the wastes from your body. The second test is a urine test. This test is used to check for albumin in your urine. Albumin is a protein that can pass into the urine when the kidneys are damaged. It also is important to have your blood pressure checked regularly. High blood pressure can be a sign of kidney disease. Encourage your family to keep their blood pressure at or below the number set by their health care provider. If you have diabetes, it is important to keep your blood sugars within the accepted limits set by your doctor.
Professor John Morton retired from practice at Christchurch Hospital in January leaving an enduring legacy as a leader in kidney transplantation.

Professor Morton worked as a vascular and transplant surgeon for 23 years before retiring from operating in 1996 after suffering a stroke. During this time he introduced arteriovenous fistula surgery and provided high quality, comprehensive surgical support for dialysis and transplant patients.

For the next 15 years he worked as a counsellor for prospective live kidney donors while also working as a teacher, mentor and supervisor of young doctors in training and a medical education researcher.

Professor Morton is held in affectionate regard by the hundreds of people with kidney disease he helped over the past 40 years.

Professor Morton was brought up on a farm and went to a single teacher school in rural Southland and then Southland Boy’s High School. He trained in medicine at the University of Otago and after working as a young doctor in Wellington and Auckland (where he observed the beginning of New Zealand transplant surgery in 1965) undertook his post-graduate training in vascular surgery and kidney transplantation at the University of Edinburgh under Professor Sir Michael Woodruff, the leading British transplant surgeon of his day.
In 1973 Professor Morton returned to New Zealand to join the Department of Surgery at the newly established Christchurch Clinical School. He established and led the kidney transplant programme in Christchurch which served patients throughout the South Island. In the early days of transplantation in New Zealand local transplant surgeons did the surgery to remove donor kidneys and then the transplant operation(s) (sometimes for two recipients). Occasionally this involved arduous road or air travel between the “donating” and “transplanting” hospitals. In 2006, Christchurch Hospital marked its 600th kidney transplant operation. In the 1970s and 80s the majority of the kidney transplants in the South Island were carried out by Professor Morton.

Professor Morton’s intimate involvement with all aspects of kidney transplantation resulting in his becoming a national leader in how best to obtain permission for organ donation, compassionately taking into account the needs of the grieving families. He pioneered the introduction of modern brain death protocols critical to ensuring community support for organ donation after death and the development of a national standard of practice for solid organ transplantation.

Professor Morton’s wisdom and encouragement were key factors in the start of living donor kidney transplantation in the South Island in 1976 and in the Christchurch Transplant Group carrying out the first altruistic, non-directed living kidney transplant in Australasia in 1998.

Professor Morton’s passion for training young doctors encouraged many to take up surgery as a career, and three professors of surgery in the field of transplantation began their training in Christchurch – Adrian Hibberd (Newcastle, Australia), Justin Roake (Christchurch) and Stephen Munn (Auckland).

Professor Morton is the Patron of the Christchurch Kidney Society and a past Chair of Kidney Health New Zealand. His is an Honorary Life Member of both organisations.

Kelvin Lynn
Medical Director,
Kidney Health New Zealand
KIC Volunteers

Jeanette Jones

I retired 12 months ago after working for the CDHB as a medical secretary for 24 years. My late husband, who received a transplant in 1974, was involved when the Kidney Society was first formed so offering to volunteer is one way I feel I can give a 'little' back. I have a son, daughter and two grandchildren, but gained several more when I recently remarried. I enjoy trips away in our camper, gardening, walking, exercise classes and scrapbooking. However my greatest pleasure is spending time at home pottering and enjoying the company of family and friends. A very relaxed life after many very busy years".

Anne Chambers

Until 18 months ago I was a self-employed driving instructor but now that I am retired I am able to give some time to volunteer at the Kidney Society in memory of my dear friend Graeme Cox. My husband and I have three children and seven grandchildren and besides spending time with them I am enjoying having more time to read, relax and catch up with friends - but the garden is my favourite place to be and once I get in there I lose all track of time. Long may it last!
PROFILE
Wendy Cuthill
Charge Nurse Manager
Dialysis Services

I have been seconded into the new position of Charge Nurse Manager in Dialysis on the retirement of Adrian Buttimore. I commenced late October 2012.

I grew up in Invercargill, and completed my nursing training at the Southland Polytech, finishing my Diploma in 1986. I worked at Timaru Hospital until 1989, and then my husband Matt and I moved to Perth. While there I worked at Sir Charles Gairdner Hospital in Cardiology and Coronary Care and also studied for my Bachelor of Nursing.

Our daughter, Victoria, was born while we were in Perth. We decided to return to New Zealand in 1994, so we could be closer to our families and settled on Christchurch, as it was big enough after being away, and close enough to visit our families in Invercargill.

I started work in Christchurch Hospital in 1995 in Cardiology as a Staff Nurse. In 1999, as Cardiology numbers grew another ward was needed and I became the Charge Nurse of Ward 26. In 2010, Ward 26 merged with Ward 14, and I took on the specialty of Nephrology which I have really enjoyed. During 2010, I also completed a Post Graduate Certificate in Leadership and Management through Otago University, so it was a very busy year. Then 2 months after the merge the September earthquake struck, so life has been very different for us all since then. The ward managed well and has now settled with many new staff starting over the last year, so I feel able to move into this new role knowing that it is running smoothly. It is well supported with the 2 Clinical Nurse Specialists Kate McKey and Nicola Kinsman, and Acting Charge Nurse Manager Diane Petheram.

I have had a steep learning curve in Dialysis, but have a team of highly skilled nurses and technicians, also the Nephrologists to support me. I do not have the clinical expertise that Adrian had, but do have many years of leading a team and managing a busy ward.

I look forward to the coming year and the challenges along the way.
Wellington on Peritoneal Dialysis - WOW
Judith and Henry Searle take in the World of Wearable Arts

It might not seem far or a big deal and it’s not really. With just a little planning at the start, spending a long weekend in Wellington to attend the Wearable Arts was easy.

Along with booking our flights I contacted the home dialysis unit and asked them to have supplies sent to the hotel we were staying at, a day or so before we were due to arrive. I also phoned the hotel to ask if they were happy to receive and store a couple of boxes for me, also asking for a check in time of 1pm so I could do a lunchtime dialysis.

For some reassurance a phone call was made to the hotel the day before we left to make sure the supplies had arrived. We took a large suitcase to fit the heating bag in, a TV tray with a Formica top and a homemade telescopic stand to hang the bag on. A lot of hotel or motel rooms have microwaves, but they can be too small, so it is preferable to take the heater bag.
Booking a flight for mid-morning meant leaving for the airport after doing morning dialysis. Within a couple of hours we arrived in Wellington, checked our bags into the hotel and took off to do some shopping until 1pm.

Using the hotel as a base and doing dialysis just as if we were at home, it was a very pleasant weekend. The World of Wearable Arts Show was amazing.

There is plenty of time for shopping, walking, or sightseeing in between doing dialysis and I would encourage anyone wanting to have a break away to do it.

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**CKS MEMBERSHIP RENEWALS**

Enclosed with the Messenger is a CKS Membership Renewal Form for you to complete and return for the financial year 1 April 2013 to 31 March 2014. Some members have already paid their subscriptions in advance. If you are in any doubt about whether or not you have already subscribed please contact the CKS office for an update. We greatly appreciate any early membership renewals and thank those who have already done so. If we have not received your past year's (2012/13) subscription, you may also find a friendly reminder enclosed.

The cost of a subscription is $15.00 for the current year for you and your immediate family. For this you get 5 copies of the Renal Messenger, invitations to social occasions and information meetings, access to the Kidney Information Centre resources and of course it also allows dialysis patients to hire the Mobile Dialysis Unit and our younger members to access the CKS Graeme Cox Youth Education Trust.

Your subscriptions also assist with some of the day to day running costs associated with our patient support services.

If there are members, or potential members, who would find the subscription cost beyond their means, then please contact us. Our primary function is that of a patient support group, and we are keen to provide assistance to as many renal patients and their supporters as we possibly can. If this is the case please contact our Field Officer, Kate Hay. Any such requests will confidential.
Nutritional Notes
Michelle Allan (nee Fisher), Clinical Dietitian, CDHB

Our Congratulations to Michelle and George who were married during the holidays

Chicken Pasta Salad (Serves 3-4)

**Dressing**
- ½ cup olive oil
- ¼ cup vinegar
- ½ teaspoon white pepper
- ¼ teaspoon basil
- 1 teaspoon sugar

**Salad**
- 3 cups cooked pasta (any pasta shape will work)
- 220g cold cooked chicken, diced
- ½ cup frozen peas, defrosted
- ½ cup chopped red pepper
- 1 cup sliced courgette
- 1 medium carrot, sliced thinly
- 2 cups shredded lettuce

**Directions**
Put dressing ingredients in jar with lid and shake to blend. Chill for at least 2 hours. Shake again before mixing with salad.
Mix together pasta, chicken, peas, courgette, red pepper and carrot in large bowl.
Add dressing and toss well. Divide lettuce onto 3-4 plates and top with salad mixture.
**Summer Fruits**

*A reminder about the Potassium content of fruit*

With summer in full swing delicious summer fruits are in abundance. But buyer beware, if you are required to restrict your Potassium intake (usually if your blood Potassium is over 5.5mmol/L) it is recommended that you choose fruits containing low amounts of Potassium. If your Potassium is low (blood Potassium of less than 3.5mmol/L) you may need to add in more fruits containing high amounts of Potassium. The following table helps to identify high and low Potassium fruits:

<table>
<thead>
<tr>
<th>Fruits containing high amounts of Potassium</th>
<th>Foods containing low amounts of Potassium</th>
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<tbody>
<tr>
<td>Peaches</td>
<td>Blackberries</td>
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<tr>
<td>Nectarines</td>
<td>Blueberries</td>
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<tr>
<td>Apricots</td>
<td>Raspberries</td>
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<tr>
<td>Mango</td>
<td>Strawberries</td>
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<td>Melon</td>
<td>Cherries</td>
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<tr>
<td>Grapes</td>
<td>Cranberries</td>
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<td>Apricot</td>
<td>Apple</td>
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<td>Pineapple</td>
<td>Pear</td>
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<td>Grapefruit</td>
<td>Tinned fruit</td>
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<tr>
<td>Oranges</td>
<td>Mandarines</td>
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<tr>
<td>Watermelon</td>
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Fluid Management

Hints and tips for restricting fluids over the summer months

In these warmer summer months fluid restriction can be even more challenging than usual. If you are on dialysis and are required to restrict your fluid intake check out these tips for these trying summer months:

- Suck on an ice cube (1 regular sized ice cube contributes about 30ml of your fluid allowance).
- Use smaller cups – if your small cup is full it will feel as though you are drinking more.
- Eat frozen pieces of fruit instead of having a drink.
- Chew gum or suck on hard boiled sweets (choose sugar free if you are diabetic).
- Rinse your mouth with water and then spit it back out.
- Clean your teeth frequently or rinse your mouth with mouthwash.

Also consider foods that contain a lot of fluid, such as:

- Sauces and gravies.
- Casseroles, stews, boil ups.
- Watery curries and dahl.
- Porridge.
- Ice and ice blocks.
- Ice cream, jelly, yoghurt, custard and cream.

Remember to count the fluid contained in these foods within your fluid restriction.
CKS Graeme Cox Youth Education Trust

The objects of the Trust:
For the assistance in the provision of education and educational aids to young people who are members of, or whose families are members of the Christchurch Kidney Society and are disadvantaged in their education because of a chronic renal condition.

To seek grants, bequests and donations for the benefit of the Trust and otherwise promote the opportunity for support of the work of the Trust through the provision of funds and gifts to be administered by the Trust.

Assessment of Applications:
Applications require the applicant to complete an application form and to supply supporting evidence appropriate to the particular application. An age limit for applicants at the time of initial application be 28 years or under. The intention of the Committee being that assistance be made available to all young people whose options in life have been disadvantaged through renal disease.
Applications will be granted primarily to those residing in the Canterbury region.
No limit will be placed in any one year on the number of grants made to applicants nor the size of any one grant, subject to the rule set out in the Trust Deed that the Trustees shall accumulate and preserve capital the income from which interest can be applied to any grants.
The number of applications per person is limited to a maximum of one per year.
For application forms, further information or to donate to the Trust: please contact Kate Hay at the CKS office, 230 Antigua St, Christchurch or email: cksyouthtrust.nz@gmail.com.

Our thanks to all those who donated to, fundraised for and assisted in establishing and maintaining the Trust.
Purchase your new 2013 | 2014 Entertainment™ Book...

Choose what you want to do and when you want to do it with hundreds of valuable offers. Entertainment™ Books are filled with 2-for-1 offers and up to 50% off, valid now until 1st June 2014!

Purchase a Book and at the same time, you will also be helping community fund-raising!

The new Christchurch, Canterbury and Nelson Entertainment™ Book features many of the most popular businesses in the area like...

Fine and Contemporary Dining

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- The Cup
- Cafe Izone
- Savant's
- Ocean Bar and Grill
- Famous Grouse
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- Styx and Stone
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Casual Restaurant and Family Dining

- Spelt's Ale House
- Salt on the Pier
- Flying Butto Brothers
- Eythorne's Public House
- Gosea
- Robbies
- Bellies
- Milieu
- Coffee Coffee
- Valley Inn
- Thirsty Hariner
- Beaullis
- Savoir
- Tandori Palace
- and many more...

Informal Dining and Takeaway

- Burger King
- Coffee Culture
- Wendy's Super Sundae
- St Pirana's Sushi
- TiaTeuer
- Esquires Coffee
- Robert Harris Cafés
- Brumby's
- The Coffee Club
- Hungry Wolf
- Divine Cakes
- Starbucks
- Naked Baker
- Cupcake Collection
- and many more...

Arts, Sports and Attractions

- Antarctic Centre
- Canterbury Crusaders
- Hoyts
- Laserstrike
- Putt'n on Avon
- Merrymead Heritage Park
- and many more...

Retail and Shopping

- Green Acres
- Oil Changers
- Life Pharmacy
- Espresso Car Wash
- Savio
- Megshop
- and many more...

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- Mantra Resorts & Apartments
- Rydges Hotels & Resorts
- Eurostar
- Seaview
- mau and Britz
- Avis
- and many more...

To purchase your Entertainment™ Book, please contact:

The Christchurch Kidney Society (Inc)

Contact: Kate Hay  Phone: (03) 379 5529  Email: c.kay@xtra.co.nz
Address: Level 1, 230 Antigua Street, Addington 8011, Christchurch, New Zealand

I would like to order _______ Christchurch, Canterbury and Nelson Entertainment™ Book(s) at $65 each (including GST) $_________

Name: ___________________________________________ Phone: ____________________________

Payment type: ☐ CASH ☐ CHEQUE (please make cheques payable to Christchurch Kidney Society [Inc]) ☐ VISA ☐ MASTERCARD
☐ ONLINE PAYMENT: www.entertainmentbook.co.nz/orderbooks/1342c85

Credit card number: ___________________________ Expiry date: ___________________________ CVV*: ___________

* The CVV number is printed on the signature panel on the back of your credit card.

2013 Entertainment™ Book stock arrives 17th May 2013, and orders will be dispatched then.

$13 from each Book sold helps towards our fundraising. Thank you for your support.
SNIPPETS

CKS Pot Luck Lunch
Friday 22nd March
12 midday - 2.00pm
Govan Seminar Room, 1st floor, 40 Stewart St Christchurch.
Guest Speaker: Judy Giles
“Weeds and Herbs & Home-grown Potions”.

The Renal Messenger by Email

Would you prefer to receive your Renal Messenger by email as a PDF file? Each printed copy costs us around $1.70 to print and post. In view of the fact that more of our members now have access to email we would be pleased to email the Messenger to those members who would prefer to receive it this way.

We would like to thank the 53 members and supporters who have already chosen delivery by email, it has already resulted in a cut to the print run with associated savings to the CKS.

We now produce 375 copies each issue which are distributed to members, interest groups throughout the country and around the hospital. Of course we will continue to do this, but if we could further, reduce hard copy print numbers our savings would be even more significant.

To subscribe by email please let us know at c.ks@xtra.co.nz with “Email me the Renal Messenger” in the subject line.

Disclaimer

While every care is taken to insure the accuracy of information, views expressed in the Renal Messenger are not necessarily those of the Society. Articles by non professionals are intended to interest and inform and are not intended as medical or dietary advice. This information should come from the medical professionals involved in your care.
Follow up Information on Travel Insurance
Transplant New Zealand has an arrangement with Chartis to offer Travel Insurance at a discounted rate. Several of their members have used the policy for games or regular travel and found it excellent value. They also cover most medical conditions (including transplants). For further information contact the KIC.

Humour....

My living Will

Last night my kids and I were sitting in the living room and I said to them, “I never want to live in a vegetative state dependent on some machine and fluids from a bottle.

If that ever happens, just pull the plug”

They got up, unplugged my computer and threw out my wine!!

The little **********!

THANKS

The Christchurch Kidney Society acknowledges support from these organisations

LIONS CLUBS OF NEW ZEALAND

Pub Charity

Community Organisations Grants Scheme

Prevention • Support • Research
### Be Active

**Programmes Term 1 - 2013**

<table>
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<th>Time</th>
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<tr>
<td>Pioneer</td>
<td>Monday 10:00 am - 11:30am</td>
<td>Monday 11th Feb</td>
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<tr>
<td>New Brighton</td>
<td>Wednesday 11:00am - 12:30pm</td>
<td>Wednesday 13th Feb</td>
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<tr>
<td>City</td>
<td>Thursday 9:30am - 11:00am</td>
<td>Thursday 14th Feb</td>
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<tr>
<td>Bishopdale</td>
<td>Thursday 7:15pm - 8:45pm</td>
<td>Thursday 14th Feb</td>
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**Be Active** is for people wanting to establish or restart their activity, and have fun along the way.

Suitable for all ages and levels of ability.

Join us each week to try a range of low impact activities e.g. circuit, sports, aquacise, dance. Discuss ways of maintaining a healthy lifestyle and enjoy the support of others in the group.

**Cost is $3 a session**

For more information and to register please contact:  
Jess P 373 5032  E jessw@sportcanterbury.org.nz  
www.sportcanterbury.org.nz
APPLICATION To The Christchurch Kidney Society Inc.

FOR:  

◇ Membership  
◇ Renewal of Membership

I/We, Name: Mr/Mrs/Ms/Dr)

Address: ...............................................................

Phone: (    ) ...........................................................

(Please include area code)

Email: .................................................................

(Include your email address if you would like us to keep you informed about any events/information for which falls between issues of our newsletter.)

Hereby apply for membership/renewal of membership of the Christchurch Kidney Society (Inc.), and enclose an annual subscription and/or donation.

Membership (includes immediate family)  $ 15.00  (inc. GST)

Donation (no GST, no obligation)     $ ...................................

Total Enclosed:     $ ...................................

If you prefer to pay membership directly to the CKS Inc. bank account:

Westpac Bank: 03 1591 0025801 000. Please include your name and initials in the reference. Please complete and return this form to the society to enable us to update our records and correctly receipt your membership with any donation you may wish to make.

Please tick all that apply:

o New member     o Dialysis Patient     o Existing member     o Transplant Patient

o Renal patient    o Supporter

I/We agree to abide by the rules of the Society.

Signature: ................................................................

Please mail this completed form to: CKS, Level 1, 230 Antigua Street, Christchurch.

Attn: Membership Secretary
Contact List

**Patron:** *Professor John Morton*

**President:** Greg Beach
- Ph: (H) 351 5401

**Vice President:** Jo Houghton
- Ph: (H) 981 9160
- Cell: 0212 860309

**Secretary/Field Officer:** Kate Hay
- Ph: (W) 379 5529

**Treasurer:** Deanne Dowding
- Ph: (H) 338 5622
- Cell: 0274 510 243

**Committee:**
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  - Cell 027 416 7188
- **Adrian Buttimore**
  - Ph: (W) 364 0610 (pager 8202)
  - Ph: (H) 389 2667
  - Email: adrian.buttimore@cdhb.govt.nz
- **Noeline Cox**
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- **Pam Crawford**
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- **Sara Ford**
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  - Cell: 027 531 2111
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- **Judy Giles**
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- **Roger Sandford**
  - Ph (W) 366 6264
- **Kathy Tuu’u**
  - Ph (H) 351 3401

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- Dr John Irvine

**Field Worker/Membership:**
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