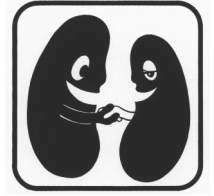


The Christchurch Kidney Society (Inc.)

Patient Support Group

SERVING THE LOCAL RENAL COMMUNITY FOR OVER 40 YEARS



The Renal Messenger

AUTUMN

IN THIS EDITION:

- Editorial
- Dates to Remember
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C.O.G.S.
COMMUNITY ORGANISATIONS
GRANTS SCHEME

Autumn 2015

This issue has been funded by
The Community Organisations Grants
Scheme



From the Editors Desk...

This week it feels as though we missed Autumn and went straight into winter—I hope this isn't the theme for the rest of the chillier seasons?

Thank you for the wonderful prompt response to renewing your membership with the Society. We are always very humbled by the extra donations that come in with the membership subscriptions.

We owe our grateful thanks to **Southern Trust** for their donation of six months support towards the cost of Field Officer wages, and also **The Four Winds Foundation** for six months rent of our premises at Antigua Street. Without support from funding organisations we would not be able to function as effectively as we do.

I have started a new column, WHAT I DO, and this starts off with Helen Bickers, whom many of you will remember as our Field Officer, prior to Kate. **I would love to hear your story and what you do today, please email me!**

May fundraising will be the Entertainment books and a flyer is enclosed with this messenger, please ask family and friends if they would like to purchase one, as they are a great way for us to increase our funds with minimal effort.

June is going to be a big month with two events on the CKS social calendar—firstly the very famous **Eithel and Bethel** will be hosting a Bingo Night for us on 12 June—see flyer on page 18. If you haven't experienced a night with these two fabulous "pensioners", I suggest you come along, as it is one NOT to be missed!

The second event is the CKS AGM on 24 June, and although not quite as fun filled as a night with Ethel and Bethel, it is a very important part of the CKS calendar, there is no pressure to join the Executive Committee, but we certainly welcome new faces and ideas, finger food and wine are provided!

Keep warm, Jo Houghton.

DATES TO REMEMBER:

CKS Membership Renewal Date - 1 April 2015

Membership subscriptions started to pour in directly after the Summer Renal Messenger was sent out. Thank you to those members who have already renewed their membership.

Entertainment Book Release—Mid May

Orders have been taken since February and to date we have 52 books pre-ordered. The Society gets \$13.00 for every book sold, so is a wonderful passive fundraiser for us. Please ask family and friends if they would like a book, you really only have to dine out a few times to get your money back!

ETHEL AND BETHEL BINGO NIGHT—12 June 2015

See Flyer on page 18, you do not want to miss this evening of fun! Tickets \$10 each, available from the CKS office. Numbers are limited, so don't miss out!

CKS Annual General Meeting 2015 - Wednesday 24 June 2015

The AGM is open to all CKS members and the public. Light refreshments provided from 5pm, meeting commences at 5.45pm. Held at the Home Dialysis Training Centre, Ground Floor, 550 Hagley Avenue, Christchurch.

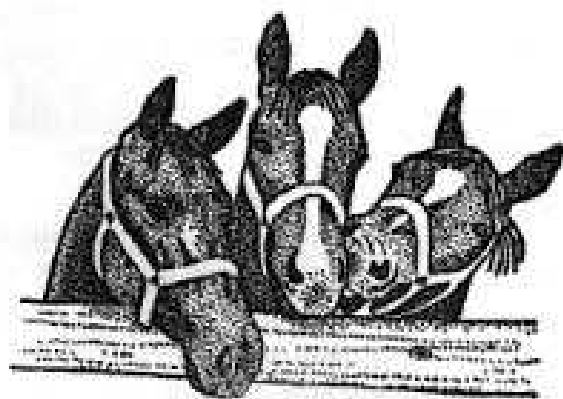
BRAIN TEASER

What starts with a **P** and ends with an **E** and has a thousand letters in it? (ANSWER ON PAGE 20, if needed)



QUIZ NIGHT SUCCESS!

(Held 15 March 2015—to celebrate World Kidney Day)



This sounds like a bad horse race:

Team “6-Pack” won the quiz, followed closely by “No Fork and Clue”, mid field we had “The Eagles”, “The Cheezy What-zits”, “The Bold and the Brainless”, “Pen Clickers”, and “Maude’s Mob”. Finally in came “The Cheetahs”, who were definitely not “Cheaters” - but got to enjoy an Easter egg for their efforts and thoroughly enjoyed the night!

Thank you to everyone who competed and those who helped in the background as a fun night was had by all. A total of **\$671.36 profit** was made on the night and this will go towards the care packs that are given to new dialysis patients and transplant recipients and live donors.

We are always looking for fundraising ideas, where people also get to have a bit of fun. If you have a fundraising idea, I would love to hear it!

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.

CAKE STALL MADNESS (Held 10 April 2015 in Hospital foyer)

Rachel Morris, Dialysis Nurse, kindly initiated an opportunity for us to fundraise by way of a cake stall in the Hospital Foyer. Committee members, volunteers, and our wonderful Nephrology team snapped into action and started baking. A total of \$915.00 was raised in just over one hour! It was pure madness, but such fun! Thank you to everyone who contributed goodies for the cake stall and who gave up their time to help out on the day.

Due to the success of the cake stall, we will be booking another time around August/September, please get in touch if you would like to contribute.



From the left: Rachel Morris, Anne Chambers and Kathy Tu'uu. This photo was taken near the end, when most items sold. Initially there were two large tables full of goodies, but I could not get a photo due to the large crowd surrounding them.

SUPPORT THOSE WHO SUPPORT US!

- ♦ Please support **The Warehouse South City**, who have agreed to place our name on the collection boxes at each checkout (from April 2015 for six months) and have offered us discount on care pack items.
- ♦ **Piccadilly Books**, Avonhead Mall, have supported us for many years with suduko books for our care packs, please pop and see them some time if books, stationery, etc are needed.



P r e v e n t i o n • S u p p o r t • R e s e a r c h

As mentioned in my last update we welcomed our new CEO earlier this year. Max Reid brings extensive experience gained from nearly twenty years in senior leadership roles across the health and social services sectors in New Zealand. Following twelve years as a Presbyterian parish minister, Max worked for a number of years in Church-based management roles – initially with Presbyterian Support Otago, and subsequently as Superintendent of the Dunedin Methodist Mission. Since then, Max has held senior management positions in aged care (both residential and community-based), mental health and palliative care. He has served on numerous not-for profit boards, and a number DHB and Ministry of Health working parties. Alongside his Business Studies degree, a postgraduate diploma in Community Development, and a Master's degree in Social Policy, Max is also a Fellow of the New Zealand Institute of Management, and a past member of the Fundraising Institute of New Zealand.

Based in Dunedin, Max is enthusiastic about his new role with Kidney Health NZ, and both the challenges and opportunities that lie ahead. "While NZ is doing very well in drawing attention to the growing rates of chronic illness, chronic kidney disease seems to be off the radar somewhat," he says. This new position offers an opportunity to further raise the profile of kidney health in NZ, including working with DHBs to increase the rates of home dialysis, and with government to draw attention to the need to increase transplantation rates and support for both kidney donors and recipients."

As well as Max starting as CEO, he has been joined by Dr Colin Hutchison, who is our new Medical Advisor. Colin is working as a nephrologist in Hawkes Bay, where he will continue to be based. Look out for his profile in the next newsletter.

Joining Max and Colin is a new board member Nick Polaschek from Wellington. Nick brings a wealth of experience and knowledge to the Board, both as a renal nurse and more recently working as Senior Project Manager CVD diabetes Long Term Conditions at the Ministry of Health.

We have also just moved into our very own office space, it has the benefit of plenty of parking, located in the busy Bishopdale shopping centre and we think the new signage is eye catching, leaving no doubt as to our role. We welcome visitors and will be offering free kidney health checks to our new neighbours soon.

New Office:

Kidney Health NZ

**Unit 7, 337 Harewood Road,
Bishopdale, Christchurch.**

Postal address:

*PO Box 20072, Bishopdale,
Christchurch 8543*



On World Kidney Day new resources were officially launched at a function hosted by the Minister of Health, the Honourable Dr Jonathan Coleman MP, in Bowen House, Wellington. These patient focussed resources have already been used by pre dialysis educators around the country and the feedback has been very positive. We have already had enquiries from overseas requesting use of the graphics, so a real testament to their value as an education tool. Memory sticks styled to look like a credit card have been produced and have been distributed to renal units nationally. The Samoan and Tongan versions are now available also .These can be found on our website at:

www.kidneys.co.nz/Patient-Information/Audiovisual-education-resources

Carmel Gregan-Ford

MEET LAURA MURRAY

I am a registered physiotherapist at Christchurch Hospital. I completed my training in America and had 15 years experience working with patients in hospitals and rehab centres with a variety of medical and surgical issues, with a specialisation in stroke rehabilitation. I have been in Christchurch for 4 years now and enjoy all New Zealand has to offer.

Currently, I am specializing in patients with kidney disorders and post-surgical patients on wards at Christchurch Hospital. I am currently not seeing outpatients but can assist in referring nephrology patients to physiotherapists in the community or at the hospital as needed.

Laura Murray, NZRP

Physiotherapist, Christchurch Hospital

03 3640680



Editor:
***Raking up all of those leaves
in Autumn is exercise, but
Laura has provided us with
specific advice for our renal
patients next.***

CHRONIC KIDNEY DISEASE AND EXERCISE

Our muscles are important for many reasons. They support our joints, help us stay warm, increase our metabolism and help us move. For people with a chronic kidney condition, muscle and strength loss tend to accompany kidney disease. Periods of being unwell, and therefore less active, being bedridden and the natural disease process, all contribute to muscle mass being lost.

But exercising your muscles regularly can lead to many improvements, including improved sleep quality, increased walking capacity, increased muscle functioning, decreased depression, increased cardiovascular health and increased quality of life. But caution must be taken with an exercise regime. It is recommended that people who undergo peritoneal dialysis should not lift more than 10kg, as a hernia could potentially result. A hernia is a bulge or protrusion of the abdominal organs through the muscle. It is also recommended that those who have a fistula should not lift more than 10kg either, as this could result in the fistula “blowing out” from the increased vascular pressure.

It is also important not to overstress the muscles. In general, some people who exercise talk about “feeling the burn”. This is the result of lactic acid building up in the muscular tissue. This strains the muscle and it has to heal itself and recover between exercise times to build strength. Normally the body removes this lactic acid in a relatively short period of time, but in people with chronic kidney disease, lactic acid builds up as it cannot be removed from the body quickly, which leads to a much slower recovery. So those with chronic kidney disease should not work their muscles to the stage of “feeling the burn”.



Some exercise can be done during haemodialysis, but care must be taken not to dislodge the catheter or compromise the fistula. What is more optimal is to complete a daily walking programme for overall strength and conditioning and some simple stretches to keep muscles flexible and improve posture. This is also important for those who have received a kidney transplant.



If you have any concerns that your muscles are getting weak, your balance or walking is slowly declining, or feel that you are not as active as you used to be, you may benefit from a prescribed exercise program from a physiotherapist. There are a few different ways to access a physiotherapist. You could go to your local physiotherapy clinic and pay

privately, or you can access a physiotherapist that is publically funded, or you can ask your GP for a referral for hospital based outpatient physiotherapy. If it is difficult for you to go to an outpatient appointment, a community physiotherapy referral can be done by your GP and arrangements can be made for a physiotherapist to come to your home. Regardless of how you access a physiotherapist, they will review your strength, flexibility, balance and walking and give you an exercise program suited to your needs.

Exercise is essential for all of us, but some extra considerations should be in place for those with chronic kidney problems, whether on dialysis or not. There is a wider team of support to help you stay as fit and healthy as possible. We are here to help!

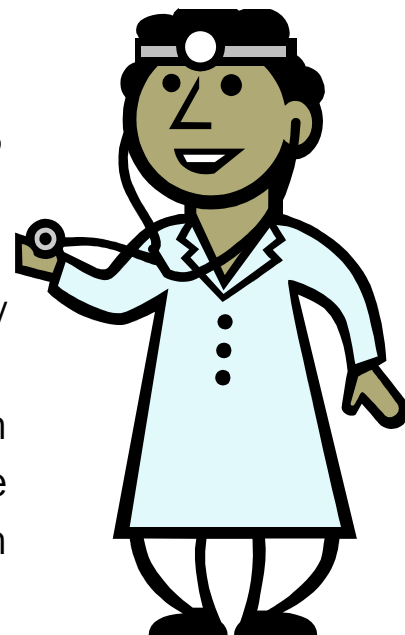
Laura Murray



INFLUENZA VACCINATIONS FOR KIDNEY PATIENTS

The single best way to protect yourself, your family and your friends from flu is to get vaccinated.

People with kidney problems, including those on dialysis or with a transplant are more likely to get the flu. To stay protected you should have a flu vaccination every year.



The flu is a viral infection. It can be severe, resulting in worsening of your kidney function and general health. A specific treatment is available if given early in the course of the flu illness (ideally within 24-48 hours from the start of symptoms). If you think you may have the flu then see your family doctor as soon as possible.

The department of Nephrology at Christchurch Hospital recommends the following guidelines

- Patients with chronic kidney disease or on dialysis should have annual flu immunisation from your family doctor.
- Patients with a kidney transplant should avoid flu immunisation within the first year after their transplant. After this time flu immunisation should occur annually from your family doctor.

Even following successful immunisation, normal preventative procedures as listed below should be encouraged;

- Avoid unnecessary contact with people suspected of having the flu
- Cover your coughs and sneezes with a tissue and put the tissues straight into the bin
- Wash and dry hands thoroughly, especially if you are sick or looking after someone who is sick
- Clean hard surfaces (e.g. door handles, table tops etc) that may have been exposed to germs with a dilute bleach solution
- The best thing to do to avoid influenza in public places is to try and stay at least one meter away from others.

FEELING THE CHILL?

Time to get warm with this lovely soup recipe!

There has been a hint of winter recently and it has got me looking forward to soup. Often soup recipes can be high in salt, but this recipe uses curry paste and ginger to provide flavour. If you have a favourite soup recipe, try halving the amount of stock in the recipe and adding additional herbs or spices for flavour.

Canned soup is often high in salt. Check the nutrition information label:

- **Low salt foods** are those which contain less than 120mg of sodium per 100g of food.
- **Medium salt foods** contain between 120-600mg of sodium per 100g of food.

Avoid products which contain a salt substitute such as 'losalt' as this contains potassium and is not suitable for people with kidney disease.

Pumpkin and Red Lentil Soup

Ingredients:

2 Tbsp salt reduced margarine

1 large brown onion, coarsely chopped

1 Tbsp red curry paste

3 tsp sugar

600 g butternut pumpkin, peeled and cut into chunks

$\frac{3}{4}$ cup red lentils

3 cups water

3 tsp fresh ginger, grated (or crushed)

Coriander leaves to garnish (optional)

Method:

Heat the salt reduced margarine in a fry pan and cook onion over a medium heat for 8 minutes or until lightly golden, stirring occasionally. Add curry paste and sugar, cook, stirring for 1 minute longer.

Transfer to a large saucepan. Add pumpkin, lentils, water and ginger. Bring to the boil, then simmer for about 30 minutes or until pumpkin and lentils are very soft. Puree mixture with a stick blender or food processor. If your food processor is small, process in batches. Sprinkle with coriander leaves. Serve with wholemeal toast.

Recipe sourced from - <http://www.heartfoundation.org.nz/healthy-living/healthy-recipes>

Stay warm,

Hilary Dumbleton

BREAKING NEWS:

THE CKS COOKBOOK HAS GONE TO PRINT

Due to an amazing bequest received from the
Estate of the late Dianne Streeter,
the CKS cookbook has now gone to the printers.
We are so grateful to receive this bequest.

*Please register your interest in purchasing a cookbook
by phoning the office on 3795529
Or email c.ks@xtra.co.nz*

F.Y.I.



KIWIABLE LEISURE CARD

The KiwiAble Leisure Card is an initiative of the Christchurch City Council, Recreation and Sports Unit. It aims to help reduce the cost of participating in recreation, sport and leisure for disabled people.

The KiwiAble Leisure Card offers discounted recreation, sport and leisure opportunities to disabled people in Canterbury. It aims to reduce some of the barriers when it comes to participating in recreation. The card is free of charge for those living in Christchurch.

There are currently 30 places that support the card, by offering card holder discounts. This number will increase as the city rebuilds and more opportunities become available.

When your card is issued, you will receive a booklet that lists places you can use the card and the discounts they offer. These include:

- Willowbank Wildlife Reserve
- CCC Recreation and Sports Centres
- Hoyts Movie Theatres
- AMF Garden City Bowl
- The Southern Centre
- Pirates Island Adventure Golf
-

You are eligible for the KiwiAble Leisure card if you get:

- On long term ACC (52 weeks or more), or
- On the Supported Living Payment, or
- Job Seeker Support and have a letter of support from a disability organisation
- On the Superannuation and Disability Allowance, or
- Under the age of 16 and receiving the Child Disability Allowance or a member of a recognised disability organisation (If you are not a member of an organisation a letter of confirmation from your doctor or school is required).

Please note that these discounts are valid until January 2017 unless otherwise stated.

You will need to complete the application form available on the website (or ring 941 8999 for an application) and include a recent photo and letter of confirmation of eligibility (letter from Work and Income stating what benefit you are entitled to).

Send to: Inclusive Communities Co-ordinator, Recreation & Sports Unit, Christchurch City Council, PO Box 73016, Christchurch 8140

Source: The Christchurch City Council website www.ccc.govt.nz

THANK YOU SO MUCH!

The Christchurch Kidney Society acknowledges support
from these organisations



the
Southern
trust



Four Winds
FOUNDATION



CKS Pot Luck Lunch Round-Up:

Held on Friday 27th March 2015

A small but appreciative group enjoyed a chat with Hilary Dumbleton, Nephrology Dietician, about food and diet, and got to hear about her 'typical day' at work – very varied and covering cardiology as well, so rather busy!

A Ministry of Health booklet entitled 'Eating for Healthy Adults' is a useful reference point. We have some copies at CKS or you can go to your GP, dietician or www.health.govt.nz to download a brochure onto your computer.

Another useful website is a CDHB initiated site www.healthinfo.org.nz that has fact sheets for reading/downloading that are evidence-based and reviewed every 2-3 years.

Viv Smith

NEXT POT LUCK LUNCH

Friday 29th May 2015

**Govan Seminar room, 1st floor, 40 Stewart St, Christchurch
AT 12.30 pm**

Topic: WINTER THEME (YET TO BE CONFIRMED)

***Bring your own lunch, or something to share and enjoy
with other members and supporters.***

What I do...

My name is Helen Bickers and I am the lucky recipient of (so far) three renal transplants. My last transplant took place in August 1991 so this year “Mr Bean” will be 24 years old. Three years ago I held a 21st birthday party for Mr Bean to celebrate the milestone, as I spent my first 21st in hospital.



I joined the Nephrology family at the tender age of 6 as a result of dual renal reflux. My health was stable until I contracted glandular fever when I was 15 which had an effect on my renal function. I started dialysis when I was 17 and it took five years to get a successful transplant. I married in 1990 (eek 25 years ago!) and in 2000 was overjoyed to become a mother to our daughter Sophie.

During this time I discovered the rewards of volunteering for St John and began the training to become an ambulance officer. After my health improved and I was able to work, I spent some time as the Field Officer for the Christchurch Kidney Society (early 2000's I think as I remember Sophie took her first steps in the Kidney Information Centre when she was 18 months old!).

In 2004 my (then) husband got a job in Dunedin so we moved the family south. This meant I had to relinquish the Field Officer role and my brand new casual position with ambulance here in Christchurch.

While in Dunedin I joined St John again and continued as a volunteer and then gained a paid position. I trained as an Upskilled Paramedic (now known as ILS) and then decided that I would tackle tertiary study. This was something I was not able to do when my peers went to university, as I was on dialysis.

Sadly our marriage did not survive the rigors of human evolution and natural change and we separated in 2010 – the same time as I signed up for distance learning at Charles Sturt University in Australia. I switched university the following year and continued with a Bachelor of Health Science in Paramedicine at Auckland University of Technology (AUT).

In 2010 I moved back to Christchurch as I gained a fulltime job with St John ambulance based in Lyttelton. I moved into my new house on September 4th 2010 – the day of the first big earthquake and I moved out of this house on February 23rd 2011 – the day after the REALLY big earthquake. I was lucky that my house was marked for demolition and in the red zone from day one and I eventually I ended up with a lovely new home, which I share with Sophie and a cat and a dog.

I gained my authority to practice (ATP) as an Intensive Care Paramedic (ICP) on the 1st December 2011. I am proud to say that I am proof that you “can teach an old dog new tricks” as I graduated from AUT in December 2012. In May 2014 I moved into a new role and took over as one of four shift supervisors in Christchurch. This role entails not only responding in a rapid response unit to emergencies, but also being responsible for running a 12 hour shift with approximately 40 staff on a rotating roster. On nights and weekends when I am working I also oversee ambulance operations for the whole of Canterbury (Kaikoura to Ashburton).

When I’m not at work and not catching up on lost sleep, I enjoy tramping, cross stitch and baking (and watching the Food Channel on Sky!). I am looking forward to an exciting holiday with Sophie later in the year when we head over to Europe and the Mediterranean. My first time on a cruise ship—so maybe that may generate another article for the Renal Messenger! **Helen Bickers**

Hosted by
Ethel & Bethel

Numbers limited
DON'T MISS OUT!

JUNE 12 2015
7pm-10.30pm

BINGO!

BINGO AT THE CASHMERE CLUB
RAFFLES! PRIZES!

\$10 ENTRY TICKET (INCLUDES 1 BINGO CARD)

FUNDRAISING FOR THE CHRISTCHURCH KIDNEY SOCIETY*

***CARE PACKS FOR DIALYSIS AND TRANSPLANT PATIENTS**

TICKETS AVAILABLE FROM CKS OR CONTACT BECKY 0274835776/SANDY 0274894711

To purchase tickets phone 03 3795529 or email c.ks@xtra.co.nz

DONATIONS and BEQUESTS:

I started at the Society as Field Officer at the end of October 2014 and since that time we have received the following donations and bequests, which I would like to acknowledge:

Funeral donations in memory of David Oliver, Barry Watson and Neil Pethig,

Bequests from the Estate of the late Dorothy Addison and Estate of the late Dianne Streeter.

Almost \$1,000 in donations from June Shaw (in conjunction with the Linwood Rotary Market) for plant sales at the Sunday Market.

\$500.00 donation from Laurie Hogg, C I Marketing Ltd towards support of our care packs.

The Society is very grateful for these donations and bequests and the funds are used with care towards our support for people with renal failure.

In Appreciation



This time last year we were the recipients of a newly refurbished computer thanks to the generosity of Adrian Buttimore, and luck and generosity has come our way again with the donation of a “high powered” lap top. We have also purchased a multi function photocopier from Konica at a very affordable price, this updates a printer that decided daily how many copies it would print before it took “time out”! Also thanks again to the technical expertise of Peter Dini, everything is connected and running in unison.

We also continue to be supported by KPMG who provide our Xero accounting system at an extremely low cost and to Anna Morris giving her time to answer all our accounting issues.

Just for a laugh.....(or grimace)



My neighbour knocked on my door at 2:30am this morning, can you believe that, 2:30am?! Luckily for him I was still up playing my Bagpipes.

I bought some 'rocket salad' yesterday but it went off before I could eat it!



A teddy bear is working on a building site.



He goes for a tea break and when he returns he notices his pick has been stolen. The bear is angry and reports the theft to the foreman. The foreman grins at the bear and says "Oh, I forgot to tell you, today's the day the teddy bears have their pick nicked."



CKS MDU Available for Hire

Take you off on your long awaited (aren't they always) holiday weekend or plan a spring break. Our Mobile Dialysis Unit is fully equipped for all dialysis needs and bookings can be organised by phoning Kieran Smith or Selwyn Heatley at The Home Dialysis Training Centre Phone 364 0610.

Hire Charges: The current fees are as follows: (all include GST, insurance and road user charges)

1. New Zealand dialysis patient's \$200 bond plus \$50/day.
2. Overseas dialysis patients \$500 bond plus \$125/day (\$NZD).

Bond and hire fees must be paid in full by either cash or cheque at least 2 weeks prior to picking the vehicle up. *Note:* The Christchurch Kidney Society will consider the reduction or waiving of these fees for any dialysis patient under the care of the Nephrology Department, Christchurch Hospital, for whom their payment would be a burden.



Bookings and general enquires should be directed to:

Dialysis Services,
Christchurch Hospital,
Private Bag 4710,
Christchurch 8001,
New Zealand
Telephone: (03) 3640-614





MEMBERSHIP APPLICATION



APPLICATION To The Christchurch Kidney Society Inc.

FOR:

DATE:

- ☐ Membership
- ☐ Renewal of Membership

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

.....

Address:

.....

.....

Phone: ()

Email:

(Include your email address if you would like us to keep you informed about any events or 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.

MEMBER DISCOUNT/BENEFITS

bourbonROSE
flowers with style

13a Riccarton Rd,
Christchurch.

10% DISCOUNT

(Excludes flowers by
wire services)



Free Wheel Alignment
with every 4 X tyres
sold. **Free puncture
repairs & tyre rotation**

every 10,000 kms for the life of the tyres.
Mag & Turbo, 126 St Asaph St, Christchurch.
Phone 03 365-6613

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:

- | | | |
|---|---|--|
| <input type="checkbox"/> New member | <input type="checkbox"/> Dialysis Patient | <input type="checkbox"/> Existing member |
| <input type="checkbox"/> Transplant Patient | <input type="checkbox"/> Renal patient | <input type="checkbox"/> Supporter |

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

Signature:

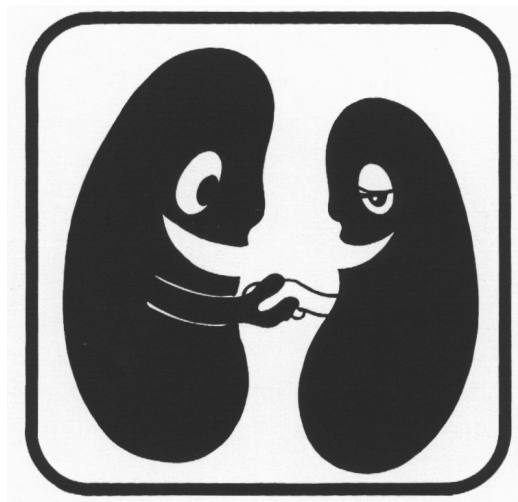
**Please mail this completed form to: CKS, Level 1, 230 Antigua Street,
Christchurch. Attn: Membership Secretary**

The Christchurch Kidney Society (Inc.)

Kidney Information Centre
Level 1, 230 Antigua Street
Christchurch 8011

Phone: (03) 379 5529

Email: c.ks@xtra.co.nz



CONTACT LIST

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Vice President: *Judy Giles*

Secretary: *Jo Houghton* Ph: 021 2860 309

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Pam Crawford Ph: (H) 357 9404

Judy Giles Ph (H) 366 8054

Kathy Tuu'u Ph (H) 351 3401

Sara Ford Ph: (H) 980 2073 Cell: 027 531 2111

Email: saraford@clear.net.nz

Nephrology Associates: *Dr John Irvine / Dr Nick Cross*

Field Worker/Membership *Viv Smith* Ph: (W) 379 5529