



The Christchurch Kidney Society (Inc.)

Patient Support Group

SERVING THE LOCAL RENAL COMMUNITY FOR OVER 35 YEARS



The Renal Messenger

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SUMMER

C.O.G.S.
COMMUNITY ORGANISATIONS
GRANTS SCHEME

Summer 2015
This issue has been funded by
The Community Organisations Grants
Scheme



From the Editors Desk...

Welcome everyone to 2015. After the Christmas party rush, and getting the Christmas Renal Messenger out, I was really looking forward to a quiet, relaxing Christmas at home and that is just what eventuated. Although I did hit the Christmas sales (a little after the main rush had gone) to shop for the annual Christmas party and scored quite a few bargains to assist Father Christmas. This year's party already booked in advance for **Sunday 29th November 2015** at the Woolston Club—mark it in your diary!

I came back to the office on 5 January and I think the temperature hit 31 degrees and was sweltering and this made me think of all those who have fluid restrictions. Hilary has provided some good advice and a delicious sounding recipe on pages 3 and 4 to help you out.

There is plenty of holiday fun in this issue, the MDU was used over the Christmas break and Liz Carrick has recounted her travels for us. I hope many of you get to have great adventures in the campervan in the future. Hollie and Ollie (local teens) headed off to Kidney Camp and had a fabulous time and the dynamic team of Hugh and Ros Cole Baker, “Walking for Kidneys”, stopped off in Christchurch.

The start of a new year always makes me think of positive things I can (or should) do. We know most New Year's resolutions fail, but I have decided to take Nicola Kinsman's advice and “Start a Conversation”. Advance Care Planning is a difficult topic, but so necessary no matter your age or situation.

I would like to make a special mention of a donation received from **The Watson Foundation**. This Foundation was started by Eric Watson and an unexpected donation was received of \$5,000.00 to the Society. This has made a huge difference to the start of the year for us, thank you so much.

We have a Quiz night planned and hope you can join us to celebrate **World Kidney Day** (officially 12th March 2015). We will also be selling Entertainment books again this year, so ring and reserve your copy. The much awaited Cookbook is almost ready, so watch this space!. Stay safe everyone and enjoy the rest Summer has to offer.

Jo Houghton



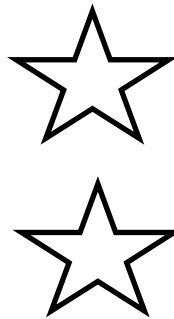
INTRODUCING...

Our wonderful volunteers:

(from left back, clockwise)

Chris Sparks, Anne Chambers, Judy Giles, Jeanette Jones and a familiar face to many, Adrian Buttimore (below) —

who was unable to join us on this particular day.



If you ring, or drop in at, the Kidney Information Centre, on a Tuesday or Thursday you will usually find one of our lovely volunteers at the desk (10am to 1pm), otherwise you will find either Viv or Jo. Please note there are stairs to access the office.

ALSO THANKS TO:

The Christchurch Kidney Society acknowledges support from these organisations



Fluid Restrictions

Happy New Year everyone!

Canterbury has enjoyed some hot summer days this year which can be a challenge when your medical team has recommended a fluid restriction. Often people are limited to 1000 ml per day and thirst is a common problem.



Here are some strategies to try:

- Seek shade and avoid being in direct sun for the hottest part of the day.
- Use a fan to create a breeze.
- Leave a partially filled drink bottle in the freezer overnight – sip ice cold water as it melts the following day.
- Flavour water with a dash of lemon or lime juice, or use a sprig of mint. This also works well with chilled soda water.
- Cut up or small pieces of fruit can be eaten straight from the freezer, for example: grapes, cherries, watermelon, orange, mandarin segments – experiment with your favourites! It provides a pop of flavour with minimal fluid. An average palm size serving of fruit contains 60 ml of fluid. Some people will need to limit serving sizes due to diabetes, or if you have high potassium, make low potassium fruit choices.
- Remember ice is a fluid and still counts. Ice blocks contain somewhere between 60 – 100 ml. Frozen ice cubes contain 15 – 30 ml.
- Use small cups and glasses and try to spread your fluid intake evenly across the day.
- Try sugar free chewing gum.

Thirst can increase through:

- Salty food – particularly processed foods and takeaways. Look at the nutrition information panel and select foods with less than 450 mg sodium per 100g. Avoid adding salt at the table especially if you have used a small amount in the cooking process.
- High blood sugar levels – this can be helped by avoiding sugary sweets, sweetened cordials, soft drinks and fruit juices.

- The cycle of fluid overload – if you become fluid overloaded, more fluid needs to be removed during dialysis and this can cause thirst. This leads to drinking more which in turn leads to fluid overload.

RECIPE: (sourced from the [Australian Heart Foundation website](#))

Capsicums are in season currently and this recipe provides a nice alternative to a stuffed baked potato.

Couscous and vegetable stuffed capsicums

(serves 4)

Ingredients

- 1/3 cup couscous
- 1/2 cup boiling salt reduced vegetable stock
- 2 small red capsicums
- Freshly ground black pepper
- 1 cup frozen peas and corn, cooked and drained
- 1 tomato, chopped
- 1 egg beaten
- 1 spring onion, finely chopped
- 4 fresh basil leaves, chopped
- 1/2 cup finely grated reduced fat cheese



- ♦ Stir boiling stock through couscous, cover and set aside for 5 minutes.
- ♦ Cut capsicum in half lengthwise, scoop out seeds and discard. Place capsicum halves onto a baking tray or ovenproof dish.
- ♦ Fluff up couscous with a fork. Stir in peas and corn, tomato, egg, spring onion, basil leaves and cheese, mixing well. Spoon mixture into capsicum halves. Place in a preheated oven at 180° for 25 minutes.

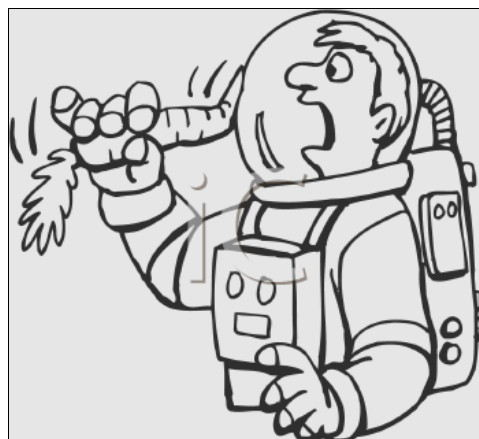
Tips: Try using leftover rice in the mixture instead of couscous. The basil could be replaced with any fresh or dried herbs.

Hilary Dumbleton

ON A LIGHTER NOTE.....

After a search on 'Google' I found the following on food restrictions—if you are an astronaut! It certainly doesn't solve our problems with fluid and food restrictions, but I thought I might be of interest...

THESE 7 FOODS ARE BANNED FROM SPACE:



BREAD: Crumbs—from bread, crackers, cookies etc—don't do well in space. They float around, and can fly into an astronaut's eyes and interfere with important equipment. That's why you will find tortillas used instead of bread on all crafts travelling out of orbit.

SOFT DRINKS: A funny thing happens to carbonation without gravity—nothing! On Earth, a big part of soda's appeal is in its effervescence, but with bubbles in a state of "free float" fizzy drinks don't fizz!

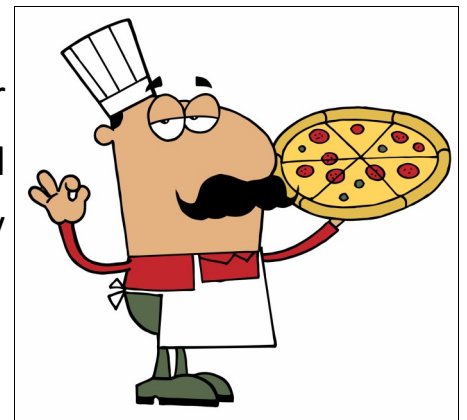


SALT AND PEPPER: There's no "sprinkling" in space. Small particles of salt, pepper, or other seasonings would simply float, rather than land on food. Space shuttles do stock salt and pepper infused liquid though.

FRESH MILK: In place of milk, the dehydrated kind, which takes up only a little space and doesn't require refrigeration, has been a staple of international space missions since the 1960s.

ICECREAM: The real stuff can't make the trek to outer space—there are no freezers on space shuttles—but freeze dried astronaut icecream has gone up as dessert.

PIZZA: While not exactly banned from outer space, pizza isn't on astronauts' most requested foods list due to not being able to get a "crispy crust" making it always "soggy and chewy".



ALCOHOL: In 1972, alcohol was on the menu for the upcoming Skylab 4 mission, but when the public got wind of the plan, many sent angry letters to NASA and the idea was nixed. "Astronauts represent a form of purity" said scientist and astronaut Edward G. Gibson. "As soon as you taint that purity with alcohol (some people) get really upset".



AROUND TOWN:

Show Your Ability: Monday 2 March 2015—9 am to 2pm

Pioneer Stadium - FREE ENTRY

"On display will be all kinds of equipment for younger and older disabled people and older persons care equipment including: Wheelchairs, shower stools, stair lifts, powered wheelchairs, portable ramps, paediatric seating systems, walking frames, mobility scooters, daily living equipment, pressure mattresses, specialised seating, Hi/lo beds, hoists, standing frames, disability information, vehicle modifications—see www.showyourability.co.nz".

Free to the Public Lecture

"How do we know whether medicines work and are safe?"

Associate Professor Suetonia Palmer

Wednesday 25th March from 7pm until 8pm. Held in the University of Otago, Christchurch's Rolleston Lecture Theatre at 2 Riccarton Ave, on the Christchurch Hospital campus.

We live in an age of information overload and medical research is no different. Millions of new scientific studies are published each year. Healthcare workers, policy makers, and patients are faced with hundreds of research studies when making decisions about clinical treatment. And, research trials of new medicines often report conflicting conclusions. How do we make sense of the available data in medical research to make good healthcare decisions?

Mining data to understand whether medicines are effective and safe is a growing technology which can be used to provide highly reliable and usable information to guide healthcare. Suetonia will talk about the major problems with existing medical information and how research about medicines can be distilled for use in clinical care in the fields of kidney disease, hypertension, and more recently, diabetes. Sometimes, the results will be surprising.

CKS Graeme Cox Youth Education Trust

Supporting young people affected by CKD



Late in 2014 we had the pleasure of supporting two young members through the Trust. Firstly, hockey lessons for Maddie who had missed many of her much loved lessons, due to being in Starship for quite a period of time in 2014. Secondly, a new lap top, with appropriate software, to assist Jesse with Year 12 at secondary school. We wish Maddie and Jesse the very best for 2015.



If you would like any further information on the Trust, require an application form, or wish to donate to the Trust, please contact the CKS office, 230 Antigua St, Christchurch (Ph 3795529) or email the trustees via the Society c.ks@extra.co.nz.



Our Trustees (from the top): Greg Beach (President), Noeline Cox (Secretary), Jo Houghton (Treasurer), and new trustees Carmel Gregan-Ford and Becky Hayston are all closely associated with the Society and happy to answer any questions you might have.



***Our thanks to all those who donate to,
fundraise for and assist in
maintaining the Trust.***

ADVANCE CARE PLANNING:

HAVE YOU HAD A CONVERSATION THAT COUNTS?

Planning is something we all do each day. Whether it's deciding what we are going to have for lunch, consulting the weather forecast to see if we need to pack an umbrella or dreaming of how we might spend a Lotto win. The one thing we are not very good at planning for is the one thing that is going to happen to all of us. We might not know when or how, but we are all going to die.

If something were to happen that left you without the ability to make your own health care decisions, do the important people in your life know what you would want?

Studies show only about half of us have talked to our family, friends or health providers about our end of life wishes, yet the majority of us recognise how important it is to make sure our families are not burdened by tough decisions (Survey of Californians by the California HealthCare Foundation, 2012).

One way to help bridge this gap is to start talking. Tell your loved ones what is important to you as you get older, how you want to live the rest of your life and what might be some of your future healthcare needs. Having one of these 'Conversations that Count' is the first step towards Advance Care Planning (ACP).

ACP is a process of discussion and shared planning for future health care which involves the individual, their family (if the person chooses) and their health care professionals. ACP encourages a person to develop and express their preferences for future care based on their beliefs and values as well as an understanding of their current and likely future health status and the treatment and care options that might be available to them. These conversations may be formalised into an Advance Care Plan. Within this

Advance Care Plan a person may choose to make more specific requests to consent or refuse certain treatment/s, which may be offered in the future when that person no longer has capacity. This is called an Advance Directive and might include decisions about cardiopulmonary resuscitation, intubation, the administration of blood products or renal treatment.

To be valid an Advance Directive must be created by a person who is competent, informed and able to make the decision voluntarily. An Advance Directive only comes into effect when a person is deemed to be no longer competent. An Advance Directive cannot require a health professional to provide treatments that would not be beneficial to the individual or are not available or are not lawful.

Canterbury is leading the way with ACP. We have developed our own Advance Care Plan template and are the first area in the country able to load Advance Care Plans onto the electronic patient database. This helps to ensure this important information can be shared with Health professionals involved in a person's care.

For more information about the ACP process or for a copy of the Canterbury ACP template please visit www.healthinfo.org.nz (key word **Advance Care Planning**) or speak to your GP.



Nicola Kinsman

Clinical Nurse Specialist, Nephrology Department, Canterbury District Health Board



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

It is hard to believe we are already into 2015 and already the calendar is looking full of activities and events for Kidney Health New Zealand, despite working from my sleep out, which I have to admit works very nicely as a temporary office, and also means I have no excuse to be late for work!

We sadly said farewell our medical Director, Kelvin Lynn, of eight years at the end of 2014, his contribution to our organisation was substantial and he will be missed. Hopefully his replacement will be announced soon and I know will bring valuable experience and knowledge to support our work.

Another change is the retirement of Guy Johnson our CEO, after more than 15 years with KHNZ. Guy has done an incredible job bringing, what was then known as the New Zealand Kidney Foundation, from a financially struggling operation to become an efficiently run and respected organisation. We will miss his humour, integrity and passion. I will introduce Guy's replacement in the next issue.

World Kidney Day this year is Thursday 12th March, the theme being ***“Kidney Health for All”*** – the aim of this event is to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide. As part of this day, the Minister of Health, the Right Honourable Dr Jonathan Coleman, will be launching our audio visual educational resources at a function in Wellington. I am very excited about these resources, which by the time you read this will be available on our website. These have taken a year to develop, but I think are well and truly worth the time and effort that has gone into these. The topics include;

- Understanding Kidney Disease
- Looking after your kidneys

- Treatment Options - including peritoneal dialysis, haemodialysis, transplantation and supportive care.

We have also included a couple of patient stories about their different journeys with kidney disease. These will be translated into Samoan and Tongan initially, with other languages to come as finances permit. The great thing about these is that they are resources made specifically for the New Zealand environment.



Walking for Kidneys

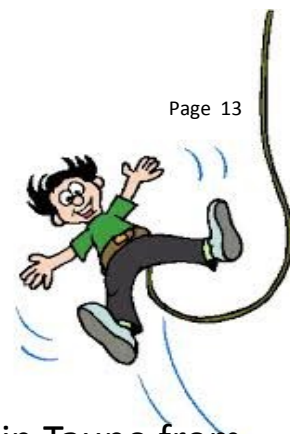


Between the Christmas and New Year period I had the pleasure of spending time with Hugh and Ros Cole Baker as they travel the length of New Zealand to raise awareness for Live Kidney Donation. This couple are inspirational! Ros aged 65, donated her kidney to her husband, Hugh aged 70, just over 15 months ago and decided after a successful uncomplicated recovery, that they wanted to do something to raise awareness. What a way to do it! They started at the top of New Zealand in mid-September and have been travelling ever since, planning on completing the trip in mid to late February. Local newspapers and radio stations have featured their story along the way and many continue to follow their journey on their Facebook page, and also on the KHNZ page. We joined Ros and Hugh and several others for a bike ride around Hagley Park on New Year's Day. With over 600 people waiting for a kidney transplant it is humbling to see such a great initiative by two very grateful and passionate people.

Carmel Grogan-Ford

KIDNEY KIDS

Young Adults Camp 2015



This year 22 young adults ranging in age from 16 to 21 converged in Taupo from all around New Zealand for the annual young adults camp organised by Kidney Kids. The camp ran from the 16th to the 19th of January and we all stayed at DeBretts, a spa resort in town where we stayed in lodges with between 4 and 6 other people.

On camp we had the opportunity to go bungee jumping, or on the sky swing, as well as jet boating on the Waikato river. We also did more relaxing activities such as going to the movies, visiting the Prawn Park and playing Taupo's Hole in One golf. It was awesome to have heaps of down time where we could take advantage of the thermal pools that were at our resort, or just hang out and get to know everyone. The food on camp was great, we went out for lunch and dinner most days to places like subway and Lone Star, and we also had a barbeque one night down at the pools which was very relaxing.

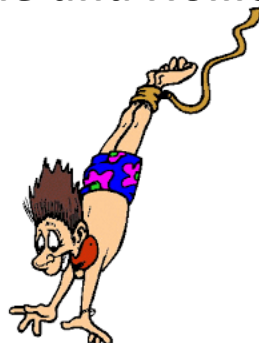
My name is Ollie Norman, I am 20 and this was my first young adults camp. My favourite part of camp was meeting new people who are going through the same things as I am. This gave me the confidence to push myself and try new things because I knew the people around me were really supportive. My favourite activity on camp was the bungee jump, because it was the scariest thing I have done in my life, and it gave me a huge sense of accomplishment once I jumped.

My name is Hollie Tilbury, I am 18 and this was my second young adults camp, my first was last year in Rotorua. This was probably my favourite camp as I got to meet up with all my old friends whom I hadn't seen for a year, as well as some of my younger friends who had moved up from Kidney Kids camp. There was also many new faces on camp this year so everyone made new friends. One of my favourite activities on camp was the jet boating. It was so thrilling flying up and down the river just missing obstacles in the water and the drivers jokes made the ride even better.

These camps are an amazing opportunity and everyone who went had a great time. When we were at the airport Sam, one of the helpers, asked if we wanted to go home and everyone said that given the chance they would stay. This is an awesome event that Kidney Kids puts on for us and we are all very grateful especially to the sponsors who make it possible.

We can't wait till next year!

Ollie and Hollie



A big thank you to Kidney Kids NZ and camp sponsors, it is wonderful for our local teens have this opportunity.

DATES TO REMEMBER

WORLD KIDNEY DAY—Thursday 12th March 2015.

This year's theme: *"Kidney Health for All"* .

The CKS will celebrate this with.....

Sunday 15th March 2015—QUIZ NIGHT—6 pm

To be held at Elevate Bar and Restaurant, corner of Colombo Street and Centaurus Road. Please register your team on 3795529.

Friday 27th March 2015—POT LUCK LUNCH

—12 noon to 2 pm

To be held in Govan Seminar Room, 1st Floor, 40 Stewart Street, Christchurch.

TOPIC: COOKING UP A STORM

Guest Speaker - Hilary Dumbleton, Dietician

(please bring something for lunch, or a plate of food to share)



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.

FUNDRAISERS:



Entertainment Books:

We will be selling Entertainment Books again this year, please email c.ks@xtra.co.nz or ring the office on 3795529, if you would like to reserve a book(s) this year. The cost remains at \$65.00 per book. Please ask family and friends also, as this is great way for the Society to fundraise. Copies may be limited, so please get in quick, to reserve your book(s)!



Give a Little:

<http://givealittle.co.nz/org/supportcks2015>

The Society is now registered on the “Give a Little” site and donations can be made online via internet banking or credit card. Hopefully this will reach many of the people who stay in touch with the Society throughout New Zealand and overseas. Three separate donations must be received prior to our site going public.

The Society is always extremely grateful for each and every donation made. The Committee spend donations wisely and are always looking for better ways to support members and renal patients.

The Traveller

As a dialysis patient we often feel isolated and lack the ability to travel. Travel has been my life for the last 20 years, having lived in China, Bangladesh, Singapore and finally Indonesia. Having polycystic kidneys, I knew that a day would come where it would all end, so finally in August of 2013 I found myself on Dialysis three times a week in Indonesia in Jakarta. Because Indonesia is mainly a Muslim nation transplants are out of the question so all hospitals have a dialysis unit and unlike New Zealand it is a user pays system so you had as much as you could afford. For some it was once a week and for others more, I was on three times a week at \$100.00 US dollars a session, so \$300.00 a week.

Once both my girls had left school I decided it was time to come back to New Zealand, which brings me to where I am now. As you can see, travel was a large part of my life, so to be restricted to living in one place was a pretty big ask for me. I had however heard about the mobile home that the Christchurch Kidney Society had, so in the middle of winter I hired it and gave it a go and hey presto I found myself touring the South Island. I still remember the first time I gave it a go, I was very nervous, but knew once I was hooked up to power and water it was just like being at home. Not only that but I had TV, the only problem was it did not work in most areas of the South Island, no luck in any where south, Dunedin, Queenstown, Tekapo, Wanaka, Kaikoura and Ashburton, so I got a good book and time soon went by. Luckily when I got to Nelson it all worked, just in time for me to watch the soccer world cup final - I was one happy chappy.

The minute I got home I rung up to book it for New Years, bummer someone had got in before me. With my daughters returning for Xmas I was looking forward to touring with them, but had to put all of that on hold. But low and behold two weeks before Xmas I received a call and was told it was free as the person who wanted it had pulled out.



You could not imagine the smile that put on my face, I excitedly emailed both daughters, who were very happy, as this meant that Ashburton was not where we had to spend the whole holiday. Now we could go wherever we wanted and so we did. We first headed up to Hanmer, “oh the hot pools were gorgeous”. We just camped out on a river bed, as no dialysis needed that first day so we did a bit of freedom camping. The waterfalls we saw along the way were just awesome. The next day we went to Nelson where we hung out with a group of friends. At another friend’s in Richmond, it was so easy I just got the power cord plugged into their electricity, found their garden hose and hey presto I was ready to dialyse. The best thing was that Nelson is the one place where you can get TV, so I was able to watch TV through freeview, and even better there was plenty of people to feed me and bring things to me when I was on. Believe me, for someone who lives by themselves and always having to be organized, it was awesome. So each day it was to the beach and then home in the afternoon to my friend’s swimming pool. All in all we had five glorious days there and it was just tremendous, all made possible by this wonderful machine.

On the way back we came down the coast road and stopped off at the seals at Kaikoura and of course ate the wonderful seafood. Once again we freedom camped by the Pacific, along the gorgeous coastline there. The next morning it was back to Christchurch to drop off our temporary home and pick up our car.



For any of you out there who have wondered what it’s like, or are a bit nervous – don’t be we are so lucky to have this resource and we should all make the most of it. Just ring Selwyn to book it—and you are off on a magical journey.

Hope they get the TV updated so that is more accessible around the whole country otherwise what an awesome holiday.

Thanks for having this resource for us all to use.

Liz Carrick

(Editor’s Note: I am definitely looking into problem with the TV for future MDU users)



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



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 2015 to 31 March 2016. 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 (2014/15) 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, Jo Houghton. Any such requests will be confidential.

**IF YOU ARE NOT A MEMBER, BUT WOULD STILL LIKE TO
MAKE A DONATION TO THE CHRISTCHURCH KIDNEY
SOCIETY, ALL DONATIONS ARE GRATEFULLY RECEIVED AND
CAN BE MADE IN PERSON, BY POST, OR INTERNET
BANKING: Bank a/c number 03 1591 0025801 00
—Please provide contact details for receipts.**

Get your thinking caps on, it's quiz time!

*Get your team together, the CKS is running a Quiz Night to celebrate **WORLD KIDNEY DAY** and we would love you to be there. Teams recommended of 4-6 people (function room has a maximum limit of people allowed, so get in quick). Team fee \$60 per team, also a raffle on the night.*

WHERE: ***Elevate Bar and Restaurant**
(Cnr of Centaurus Road and Colombo St)*

WHEN: ***SUNDAY 15TH MARCH 2015***

TIME: *6 pm onwards*

WHY: *Fundraiser for our care packs for new patients*

Please register your team by calling Jo or Viv on 3795529 or emailing us at c.ks@xtra.co.nz



FINALLY....

Did you make any New Year's Resolutions?

Do you believe in them? Apparently these are the three most popular resolutions made:

- Lose weight
- Exercise more / join a gym
- Pay off all debt



The following suggestions are more achievable:

- Finish a Chap Stick
- Separate your whites from your colours
- Take a nap instead of doing work around the house
- Don't be convinced by that TV infomercial
- Grow a plant



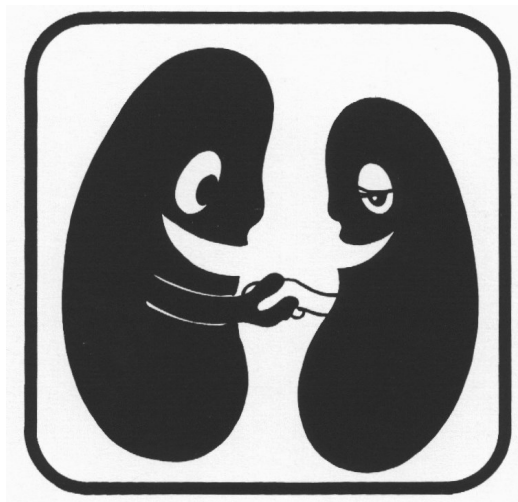
The Christchurch Kidney Society (Inc.)

Kidney Information Centre
(open 10am to 1pm weekdays)

Level 1, 230 Antigua Street
Christchurch 8011

Phone: (03) 379 5529

Email: c.ks@xtra.co.nz



CONTACT LIST

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President: *Greg Beach* Ph: (H) 3515401

Vice President: ***SITUATION STILL VACANT***

Secretary: *Jo Houghton* Ph: 0212 860 309

Treasurer: *Roger Sandford* Ph (W) 366 6254

Committee:

Noeline Cox Ph: (H) 338 9902

Pam Crawford Ph: (H) 357 9404

Judy Giles Ph (H) 366 8054

Kathy Tuu'u Ph (H) 351 3401

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Email: saraford@clear.net.nz

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

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