

Kidney Kids NZ

CHRISTMAS NEWSLETTER Dec 2022



Reflecting on this year 2022

While reflecting on the year that has almost passed, it is a positive reflection, as there have been many accomplishments, our kidney kids and siblings have gained this year. We have seen and heard of many wonderful achievements, at school, sports, extracurricular activities, drama, music, dance, Duke of Edinburgh award, craftwork/ sewing, athletics and gymnastics, recovering well from surgeries, and to the children and young adults who continue to do the ordinary things **extraordinarily** well, - helping their community, and friends alike. Superb effort for 2022, well done, and to the families who support this organisation in many special ways. Thank you, you are very much appreciated.

We welcomed 34 new families from around the country this year and farewelled 26 young adults who we are immensely proud of, and wish them very good health going forward and the absolute best for their future.

It was great to travel to some regional clinics this year, along with home and hospital visits. Seven incredibly lucky kids ended this year with a new bike presented to them at the Auckland Domain, donated by the team at Corporate Challenge, a huge thanks to Todd Statham for his big heart.

Our first virtual camp was held in April, it was fantastic to see so many families joining in the zoom sessions and having fun. It was the safest way to hold this event with families still sick

and seeing each other together was a must!, if only virtually!.

We enjoyed the virtual Christmas event in November and my team, and I decided we are coming to your place for a Christmas feast, they all looked deliciously yummy and so colourful. Some Master Chefs out there and Home Décor, Interior designers too. Great work with your incredible displays of festivity. Santa will have no problem finding your homes this year! (More about these events and photographs to follow).

Baradene College Auckland very kindly passed on a multitude of books and journals from their intermediate department and these are being distributed to our kidney kids and those in hospital. Let me know if you would like some books for your children. rachel@kidneykids.org.nz

(photo Bodhi one of our new kidney kids)



continued ...



We know many families have been unwell this year and we hope everyone is better once again. Please take care of yourselves and those around you and if you are not well stay home. Follow the Ministry of Health guidelines for any health updates during the holiday season. [Click here to open.](#)

My special thanks to our CEO Keith Mackenzie for his constant support and guidance of our team and of our kidney kid families. A great ROCK to lean on and we appreciate him very much.

A huge thanks to my team at Kidney Kids for constantly juggling and helping where needed. First Class every step of the way!.

We wish all our kidney kid families and our supporters the very best for this Christmas season and a safe and happy holiday and every best wish and good health for 2023.

Rachel Barrett, National Manager Support Services

Virtual Christmas Events (Keewee & YAK)

On 12th November we held two Virtual Christmas Events for families who registered with us. One for KeeWee and one for our young adults. Thanks to those families who joined us for loads of fun and Christmas cheer. We had some lovely positive feedback.



Thank you also to the wonderful Walter, one of our ambassadors who hosted the KeeWee Zoom session which included a Christmas quiz & talent quest with some great prizes to be won. It was fantastic seeing everyone on Zoom having such a great time and seeing your photos and posts on the Kidney Kids Virtual Events page of your Christmas decorations and table settings. We have some very creative kidney kids out there. We think you are amazing!. Take a look at the photos on the upcoming pages. Can you find "The Happiest Grinch"?.

Thanks to Alex at Goode PR for ensuring the KeeWee zoom session ran smoothly on the day. We would also like to say a big thank you to the team at Goode PR including Ophelia who we have really enjoyed working with again this year. We have achieved some great things with our virtual events. Thank you for your ongoing support!.

YAK (Young Adults) Virtual Christmas



YAK Virtual Christmas Event

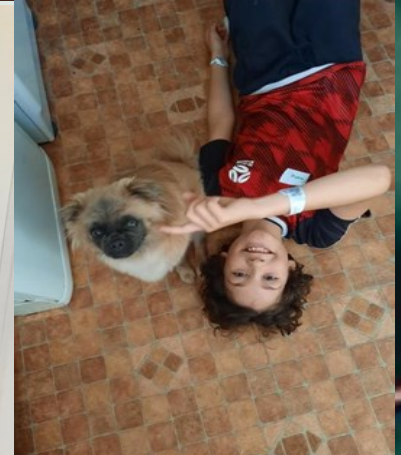
We have all learned so much over the last two years, and one big takeaway from a global pandemic and social distancing is that sometimes a virtual option comes in handy. For the safety of our families, we decided to have an online virtual Christmas for 2022.

The 2022 Virtual Christmas was hugely successful, and many joined us online. Our youth navigator, Ben Fonua, wanted to encourage an adventurous pallet and decided to give a tutorial on how to make Korean Fried Chicken (KFC). Although challenging, a few excelled and displayed outstanding cooking abilities. Well done to Ben Stanbury and Seth Templeman for winning the best KFC award!, you will have each received a prize in the mail.

We had a fun discussion about each family's Christmas plans before we played online video games, where we shared plenty of laughter, building homes and adventures together. Thank you to all the families that joined us and made the 2022 Virtual Christmas memorable.



Virtual Christmas - KeeWee kids



Virtual Christmas



Thank you The Warehouse

Big thank you to our friends at The Warehouse, Lincoln Rd, Store managers Caleb Russell and Cameron Hill. We are grateful for the support for our smartwatches, Christmas gift vouchers, and monitors. The Warehouse management's generosity has helped run our smartwatch program that assists kidney kids in taking their medication, exercising, and drinking recommended daily fluids. It has helped hundreds of whanau throughout Aotearoa celebrate Christmas. Your team is making a massive positive difference in our national community.

Ben Fonua—Youth Navigator.

Thanks to Baradene College

We are extremely grateful for the generosity of Baradene College as Rachel Barrett mentioned earlier.

Knitting Thanks

A wonderful bundle arrived this morning full of hand made knitting for our new kidney kids. They are delightful. **Thank you** Anne!.

Golf Event Akarana Golf Club

Golf

Our Golf day held on the 9th December at Akarana Golf Club was a huge success.

Thank you very much ALSCO for all your support and for organising this wonderful event.

Thank you to Clint at OMNI Insurance for being our sponsor on the day.

We are very grateful to all of those talented golfers who teed off to raise money for Kidney Kids. Hope that you all enjoyed the day.



(Akarana Golf Club)

Thank you

Good in the Hood 2022

Thank you Z Energy & especially **Z Triangle, Z Panmure & Z Henderson Valley** who selected Kidney Kids as one of your chosen charities and included us in your Good in the Hood campaign this year. And if you filled your car up at one of these stations thanks for supporting your kidney kids. Over \$2500 was raised and we are extremely grateful.



Southern Stars Charitable Trust

Another big thank you to **Southern Stars** who recently ran their annual telemarketing campaign. Thank you for your continued support on an annual basis, we are very grateful.

IT Support

Thank you for our IT support. Dave at Seopro, (website), Mark at ACIT and Greg supporting us with Salesforce.

Bike Giveaway

Thank you very much to Todd and his team at Corporate Challenge Events and for the wonderful bike building construction team from Sysmex. Our kidney kids absolutely loved their bikes. Thank you for your support this year.



More thanks & Kidney Donors

Thanks Walter & Katherine

Thank you to Walter & Katherine who are our amazing Kidney Kids Ambassadors. Walter was our MC for our recent KeeWee Virtual Christmas Event and for the Virtual Camp earlier in the year.

Katherine is the proud recipient of a new kidney this year. We included her story in one of our newsletters. Katherine is doing really well post transplant and has been busy selling her hand made jewelry at the Christmas markets.

Walter & Katherine happy holidays and we look forward to working with you both in the New Year.



Kidney Donors

Kidney Kids thank our incredible donors who have given new life to our kidney kids. You are selfless, loving and super human beings.

Thinking of Donating?

If you are thinking about donating a kidney, the NZ governments Ministry of Health Website has useful information [Click on this link](#)

Christmas 2022 will be an extra special celebration for our kidney kids who have received a kidney transplant this year, congratulations.

Camps

An email was sent out asking for expressions of interest for camp 2023. Thank you to those who sent their child's name through within the time frame specified.

Christmas Recipe! Easy Shortbread



Kidney
Kids NZ



— IN THE KITCHEN WITH KEEWEE —

**easy
awesome**

SHORTBREAD

INGREDIENTS <

225g butter, softened

115g icing sugar ($\frac{3}{4}$ cup)

225g standard grade flour ($1\frac{1}{2}$ cups)

115g cornflour ($\frac{3}{4}$ cup)

(You can make as much or as little as required using the ratio of $\frac{1}{2}$ the amount of icing sugar and cornflour compared with butter and flour.)

METHOD <

Preheat oven to 180°C bake. Line two large oven trays with baking paper.

Cream butter and icing sugar together until pale and fluffy. Mix in flour and cornflour, then knead to bring together into a dough. The dough should be firm enough to roll out immediately. If not, refrigerate for 30 minutes to firm up a little.

Roll into a sausage shape and cut slices. Alternatively, roll out between two pieces of baking paper to 5mm thick, then remove top layer of baking paper and use cookie cutters to cut dough into shapes.

Place on prepared trays and prick with a fork once or twice. Bake for 5 minutes, until just spreading and rising. Turn oven down to 150°C bake and bake for a further 10 minutes, until shortbread is pale golden.

Remove from oven and allow to cool for 5-10 minutes before transferring to a cooling rack to cool completely.

VARIATIONS

- **Chocolate:** half dip the baked shortbread in melted chocolate and leave to set on baking paper, OR add half a cup of chocolate chips to dough.
- **Cranberry orange:** add half a cup of orange juice soaked cranberries to dough.
- **LSA:** add 2 Tbsp LSA (linseed, sunflower and almond meal) soaked in 1 Tbsp of water (gives a nutty taste).

Shortbread dough freezes well in an airtight container.

ENJOY!



Seasons Greetings



Season's Greetings from the Chief Executive

2022 has been a tough one for all but we have managed some bright spots with virtual get togethers, so thank you to all those who participated.

We welcome our new kidney kids, their families and whanau, and hope you enjoy the support from us and your fellow members.

A special thank you goes to the two Rachels and Ben, our support team, and to Kellie, our office administrator.

We look forward to meeting with more of you face to face in 2023, especially at the planned camps in March.

Enjoy the holiday season and all the very best for 2023.

Keith Mackenzie
Chief Executive

A red hand cursor icon with the index finger pointing upwards, positioned below a red button. The button is tilted and has the word 'DONATE' written on it in white, bold, capital letters.

DONATE

We all need a little support

Supporting Kidney Kids NZ in whatever way you can is always appreciated. Your support helps us to support our families nationwide. If you would like to donate to Kidney Kids you can go to our website and click on the 'Donate' button...

<http://www.kidneykids.org.nz/>

Administration



Parent to Parent support groups

Kidney kid Mum Jill Fallowfield is the link to the Hawkes Bay parent to parent support group. If you live in the Hawkes Bay and would like support, please give Jill a call or email her, hawkesbay@parent2parent.org.nz or tel: 020 4011 8711.

National office Tel 0508 236 236 or email national@parent2parent.org.nz

Tickets to events

Please always check directly with the event organiser as with Covid we have an ever changing environment and some events may be postponed or cancelled. Also we suggest you wear a mask and use hand sanitiser when attending events.

Medication Reminder

Do you have enough medication to last you through the holidays for your children?. Most surgeries will be closed over the Christmas and New Year season. If you require urgent medical assistance go to your nearest hospital or **call 111**.

Contact Details

If any of your contact details change please let the team at Kidney Kids know. We send our newsletters out quarterly by email. If we have your email address you should be receiving these. Please email changes to Rachel Sherman rsherman@kidneykids.org.nz or **freephone Kidney Kids 0800 215 437**.

Christmas Office Hours

Please note that our Kidney Kids office is closed over Christmas and New Year. Our team will be on leave.

Office closes at midday Wednesday 21st December 2022.

Office reopens at 8:30am Monday 9th January 2023.

We wish all our kidney kid families and supporters a safe and Happy Christmas and every good wish for the New Year. Look forward to catching up again in 2023.



Acknowledgements



Kidney Kids NZ has many companies, charities, trusts and other organisations who support us throughout the year. This support enables us to continue to provide the much-needed support services to our Kidney Kids families nation-wide. We would like to take this opportunity to give thanks, to the following:



Centuria

