

# Kidney Kids NZ

Autumn NEWSLETTER 2023



## Kidney News

Kia ora to our kidney kids whanau and supporters. Our big news is that we have just held our two camps. Camp KeeWee & YAK Camp 2023. It doesn't get much better than this as after three long years we have finally been able to hold the camps again and what a wonderful, fun, action packed 3 days it was for all of those who attended. Can't thank our volunteers enough who gave up their time and made this all possible. The parents, volunteer helpers, nurses Georgie & Nicole and ambassadors Walter & Katherine. You are all amazing, heartfelt thanks. More on camp on following pages.

## Update from Family Support

Welcome to our new families who have joined our Kidney Kids whanau in the past few months. We look forward to getting to know you better and supporting you through your journey. You should have received welcome packs from us.

Remember we are here to support you [support@kidneykids.org.nz](mailto:support@kidneykids.org.nz) or call 0800 215 437 Rachel, Rachel or Ben.

All of our Kidney Kids families should be receiving emails and correspondence from us. If you are not, please get in touch with us and advise us if you have moved so we can update your contact details.

We are starting to receive tickets to upcoming events. We will send these tickets out to families and also send an email with other families in that place who will be attending. Feel free to get in touch with these people from our Kidney Kids whanau and meet up before or after the event. Remember some of these events are not run by us at Kidney Kids so any questions regarding the event please contact the organiser directly. It is a good opportunity for those of you attending to network and get in touch with other Kidney Kids families if you wish to.

*Well done kidney kid Jacob! "Star of the week" posted by his Mum*



# Clinic Updates

## Clinic Updates

We had a good meeting with the Starship Renal Team in February. Kidney Kids are working closely with Starship to ensure all our Kidney Kid families know who we are.

We really appreciate being hosted and having the opportunity to connect with new families at the regional clinics.

If you have a clinic appointment and you need some support, please let Rachel Barrett know, email [rachel@kidneykids.org.nz](mailto:rachel@kidneykids.org.nz)

## Thanks ALSCO

Thanks Tanya & Pat for providing Kidney Kids with First Aid Kits and sheets. The beginning of 2023 has been tough for many whanau in NZ with the floods and cyclone. Kidney Kids are very grateful for extra supplies from AlSCO. Our families benefit from these. Ben was also able to deliver some sheet sets to Mangere Leisure collection centre to help those in need as some families have lost everything in these recent devastating weather events. AlSCO's First Aid Kits were great to take to camp too. Thank you ALSCO!.

## 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](#)





# Speed Golf Taranaki—Fundraiser: Dawn till Dusk

## **A massive Thank you to the Speed Golf Team for their Dawn till Dusk challenge 21st January 2023 who raised over \$23,000 for Kidney Kids** *(article published by Stuff)*

New Plymouth leadership coach Shanon Stallard only took up playing speed golf in October – now he holds the unofficial world record for playing the most holes in a day.

Stallard, along with world speed golf champion Jamie Reid and Mick McBeth, started their 12-hour attempt early on Saturday morning at breaking a 252-hole record set by Swiss golfer Jürg Randegger.

By the time the trio ended running around the Fitzroy Golf Club, Stallard had completed a staggering 311 holes (17 rounds and five holes), as he covered 101.1km.

Not far behind was Reid who managed 270 holes, while McBeth finished on 253. Two days after the three men had completed the feat, which was to help raise money for Kidney Kids, they sat inside the club reflecting on their marathon effort. “I couldn’t sit still after we’d finished, I had to keep moving, otherwise I was getting cramp here and then cramp there,” Stallard said. Reid did not suffer the same fate, sticking to a diet of pickles to stave off any cramp. “Most of it’s a blur, to be honest, because you’re just playing the same shots over and over,” Reid said.

Cheered on by supporters on the course, as well as those competing in the team’s event on the same day, they all admitted to going a bit too hard early on before the temperature starting rising. McBeth did not think he would get close to the existing record about 30km into the attempt. “I nearly passed out on the 17th green, and I couldn’t find my ball,” he said. “I had to sit down and after a while I saw it was just sitting on the green, so I sucked it up and did another 50-odd kilometres.” Stallard was always confident the trio could pass the mark, but had no idea of what the tally would be at the day’s end. While out on the course he kept telling himself “one more, one more” as he naturally slowed through the attrition.

“I looked at my watch to see how long there was to go and there were 40 minutes,” he said. “At that stage I’d done the last round in 45 minutes, so I thought I can do this, but I wanted to finish on the 18th (hole) so I had a Coke and just tried to go hard.” He did, getting to the final hole with time to spare, although his putting left a bit to be desired, with Reid estimating his friend five-putted from less than a metre away. Most golfers would forgive him.

*Shanon Stallard is flanked by Jamie Reid, left, and Mick McBeth after the trio racked up a staggering number of holes at the Fitzroy Golf Club on Saturday.*



# World Kidney Day 2023 / Thank you Cam!

World Kidney Day was 9th March this year. Cam Watson one of our past kidney kids set himself a challenge to raise money for Kidney Kids and to raise awareness about kidney disease and donation. Cam received "the best gift a Dad could give his Son, a kidney".

Cam had a few hiccups along the way, but we are very grateful to say that he raised over \$3,000 For Kidney Kids from his efforts and we can't thank him enough!.

## Cam Watson

- *Support Geriatric Kidney Kid Cam and his bro running 50km ultra marathon tied together to raise money for Kidney Kids NZ!!*

Kia ora, I'm Cam, a former kidney kid who received the best gift a Dad could give his Son, a kidney, when I was in renal failure in 2019. Now, in March 2023, my brother Lachie, myself and the extra kidney are planning on running a 50km ultra marathan trail run to raise some money for a charity that has supported me and my family incredibly when I was younger - Kidney Kids NZ.

Kidney Kids is a not-for-profit organisation and their mission is to support kidney kids and their families/whānau throughout New Zealand on their journey with kidney disease.

The ultra is the 50km "Ring of Fire", where Lachie and I will run (with a fair bit of walking!) from Turoa Village, around the long way to Whakapapa Village via the Ruapehu Round the Mountain Track involving 1912m ascent and 2340m descent. Oh, and we'll be tied together with a bungy cord.

<https://ruapehutrailfestival.co.nz/ring-of-fire-50km/>





# Camp KeeWee March 2023

21 lucky KeeWee campers joined us for a fantastic fun packed three days at camp KeeWee from 17-19th March. Camp was held at Ngaruawahia Christian Youth Camp in the Waikato.

We had 8 volunteer parent helpers, two Starship nurses Georgie & Nicole, our ambassador Walter & Kidney Kids staff who all contributed to this wonderful experience and a great weekend

away. Thank you again to all those who helped as camp would not have happened without you!.

Thanks to everybody who attended, some from as far South as Invercargill. The children were 8-15 years old. Some even flew for the first time as unaccompanied minors. Well done.

Camp life is an enriching experience giving the children the opportunity to try new things such as kayaking and crate stacking and make new friends in a safe nurturing environment. Many of our past kidney kids speak of the lifelong friends they made from camp. One comment which made camp for me was "Rachel I have instant best friends", this is what it is all about and seeing the children gain confidence and grow over the 3 days.





# Camp KeeWee March 2023

All children received a certificate saying they attended and completed Camp KeeWee 2023. But at camp there are always those that stand out and we feel it is important to recognise their achievements.

## **Butterfly Awards**

Honour loved camp, she was so positive and helpful throughout the weekend. She adores animals and held the rats at Butterfly Creek. Honour received one of the Butterfly Awards. Her happiness was infectious.

Tyson received the Green butterfly award as he absolutely thrived with camp life. Lovely to see him smiling and trying all sorts of activities with his new friends.

## **Outstanding Leadership**

Tarik received Outstanding Leadership. This Gold Cup award deservedly went to him. Tarik went out of his way to help, was a quiet achiever. Great to see one of our older KeeWee boys go about camp life in lovely manner, he was inclusive and had a great attitude. Great to have him there.

## **Silver cup - most improved**

Ma'afu was a delight to have at camp, and received the Silver Cup award most improved. He was another quiet achiever and the boys gravitated to him and his relaxed demeanour. We all loved his beautiful piano playing skills!. Ma'afu is self taught from Youtube and it was wonderful to see him teaching the other boys how to play. What a joy this brought to camp.

## **Cleanest Cabin**

Camp wouldn't be camp without jobs and duties. Everyone pitched in but some were much more efficient and better than others. The Cleanest Cabin, Golden toilet brush award went to the KeeWee Girls in cabin 2B Honour, Libby, Hannah & Imogene . This group of KeeWee girls were always tidy and courteous not only in their cabin which was sparking clean they helped in the dining room at meal times too.

**Spot prizes** for KeeWees were given to Saria who was helpful & gave everything a go, Alexander Montero who thrived at camp and met new friends. Alex did not want to go home until the bus had left for Auckland. Taane too thrived at camp, quietly achieving and had a great time with his Dad leading the group. Imogene who last minute had to fly on her own did so well. And Aaron who gave everything a go. Well done to all our KeeWee campers for making Camp KeeWee 2023 such a great success.

If you have camp photos to share, please post them on the **Kidney Kids Events** Facebook page. If you are not a member then request to join this group and we will sign you up. (This group was previously called Kidney Kids Virtual Events so you may already be a member if you joined in the past for our virtual events).





# Camp KeeWee





# Camp KeeWee & YAK Camp





# YAK Camp (Young Adults Camp)

Young people have gone through a lot during the pandemic. Kidney Kids NZ knows it is vital to get YAK (young adult kidney kids) back to doing what they do best—meeting new friends and enjoying activities together in a safe environment. Our YAK Camps offer a traditional summer camp experience, allowing YAK to continue developing their renal healthcare self-management skills. At camp, YAK can connect with others facing the same circumstances, build their confidence, and overcome feelings of isolation they've experienced during the pandemic.



Kidney Kids offers a weekend camp to about 300 youth (YAK 167) living with kidney disease across Aotearoa. Registration began in October 2022. And on March 17th, 2023, twelve young adults attended YAK Camp that Kidney Kids NZ fully funded: transportation, flights, accommodation, food, Hobbiton, Escape rooms, pizza pool parties, smores, firepit sing-alongs for everyone. "Going on an adventure" with YAK 2023 was an unforgettable experience!

The objectives of YAK Camps are to:

**Educate** YAK living with kidney disease, their caregivers, and healthcare professionals about renal healthcare management, tips, tools, and living well with kidney healthcare

**Engage** campers and their whanau in activities and sessions throughout the weekend

**Connect** with one another, reduce feelings of isolation, increase social skills, improve confidence and independence in kidney health management, and foster friendships for life

On behalf of Kidney Kids NZ, we would like to give a massive Thank you! To our YAK volunteers, Katherine Paton (Kidney Kids Ambassador) and Lelea Fonua, for your tremendous help. We couldn't have completed camp successfully without your assistance.



# Starship Dietitians

## Introducing our Starship kidney dietitians

We are a team of three dietitians working at Starship – Stella (middle), who has been working with children with kidney disease at Starship for many years, and Tori and Kirsten who have been working at Starship for some time, and have recently joined the kidney team. We all have our own children of different ages, and love working with children and their whānau. We hope to make a regular contribution to this newsletter.



We care for infants, children and adolescents with a range of kidney diseases who are under the care of the kidney doctors at Starship. Alongside the doctors and nurses, we ensure the children under our care are receiving the best possible nutrition they need to grow and develop. Every child's needs are different, and no one size fits all with their diet. For example, those with a normal potassium do not need to restrict high potassium foods. If dietary changes are required, we support whānau to make these changes that fit within their culture and family eating habits. It is important that if it is recommended that your child does not eat certain foods, that family and friends don't eat these foods in front of them so they feel supported.

We encourage children and their whānau to eat a healthy well balanced diet from all of the food groups including:

- Vegetables and fruit
- Bread, cereals & grains
- Milk and milk products
- Lean meats, chicken,
- Seafood, eggs, legumes
- Nuts and seeds

Please let Kidney Kids know if you have any general food and nutrition questions or any future topics you would like us to write about in this newsletter.



# Admin

Remember to keep safe, wear your mask and handwash for your protection and the protection of others. Ministry of Health website [Click Here](#)

## Mental Health

Mental health issues related to the pandemic are especially hard for those with depression and anxiety. Helpline have a 24 hours phone counselling service which can be reached by calling or texting: **1737** (even if you are just feeling out of sorts).

*REMEMBER: Keep in touch with friends and loved ones.*

## 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](mailto:rsherman@kidneykids.org.nz) or freephone **Kidney Kids 0800 215 437**.

## Tickets to events

Please always check directly with the organiser as with Covid we have an ever changing environment and some events may be postponed or cancelled. Kidney Kids take no responsibility for any events organised outside our organisation.

## Important Message to all Kidney Kids Families

We have been asked to connect you to families in your region. Can we share your email address with others? If not let us know immediately by email [rachel@kidneykids.org.nz](mailto:rachel@kidneykids.org.nz)



**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/>



# 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**



**Sutherland Self Help Trust**

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