

# Kidney Kids NZ

Winter NEWSLETTER 2023



## Kidney News

Kia ora to our kidney kids whanau and supporters. It's been another busy quarter for us with lots happening at Kidney Kids. Hope you are keeping warm and well over these winter months and that the school holidays are going well. Remember to check our Kidney Kids NZ Facebook page for suggested school holiday activities.



*kidney kid Bonnie*

## Update from Family Support

Welcome to our new families who have joined our Kidney Kids whanau in the past few months. In June we have had 7 new families. New families should have received welcome packs from us. We look forward to getting to know you all better and supporting you through your journey. *Remember we are here to support you support@kidneykids.org.nz or call 0800 215 437 Rachel, Rachel, Ben or Carmel.*

If you are a current registered Kidney Kid family then you should be receiving regular emails and correspondence from us, if you are not then please get in touch.

## Andrew Baker

We have just heard that Andrew Baker is the new CEO at KHNZ. We would like to welcome him and congratulate him on his new appointment.

## Welcome Carmel

Kidney Kids are delighted to welcome and introduce Carmel Gregan-Ford who is our new South Island Family Support team member. Carmel will be working on Fridays and can be contacted via email [carmel@kidneykids.org.nz](mailto:carmel@kidneykids.org.nz) Carmel will keep in touch with our South Island Families and attend the regional Paediatric Clinics to support our kidney kids and families. Carmel is looking forward to meeting you. We are very pleased to be working with Carmel, and we look forward to helping her with events in the South Island as required.



# Clinic Updates

## Introducing Carmel

Carmel completed her nursing registration in Timaru and Renal nursing certificates in London where she worked in a variety of renal areas becoming Charge Nurse of the Kidney Transplant Unit. After returning from overseas she moved to Auckland where her work extended from Renal Clinical Nurse Educator at Auckland Healthcare, Pre-Dialysis Educator with Auckland DHB, and Kidney/Pancreas Transplant Coordinator. Carmel moved to Christchurch as National Education Manager for Kidney Health New Zealand where she worked for seventeen years. Married with three adult children Carmel is excited to be part of the Kidney Kids team.

Kidney Kids continue to work closely with Starship to ensure all our Kidney Kid families know who we are. We had a great meeting with the Starship team at the end of June.

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)



## Clinic Dates for the next 3 months

21st July Gisborne

25th August Hamilton

11th September Nelson

14th September Whangarei

21st & 22nd September Christchurch

***Remember to please always check with organiser as clinic dates can change***

## Upcoming AGM

Kidney Kids NZ Incorporated advises that our 32nd Annual General Meeting will be held on Saturday 22nd July 2023, 10.30am at AlSCO NZ Head Office, Level 1, Building C, 602 Great South Rd, Ellerslie, Auckland. All voting members welcome at this meeting. Please RSVP to Kellie if you are joining us. [kellie.gaudin@kidneykids.org.nz](mailto:kellie.gaudin@kidneykids.org.nz)

Notice of Meeting, Reports and 2022 Audited Accounts have been sent to all families.

# South Island Trip: Rachel Barrett & Kellie

Sunday 14<sup>th</sup> May Mother's Day

We began our trip by receiving a bunch of pink tulips from the ground staff at the Airport.

Happy Mother's Day to all Mother's, and to those super special people in your life.

We met in Blenheim and had lunch with the McFadden Family. Phineas made a huge sacrifice for two charities. He grew his hair long enough to make a difference (see pic further on), and raised funds. Wonderful effort Phineas. We are all very proud of you. Thank you very much.



*Christchurch photo: Lily-Ann & Matty*

We drove through to Nelson later that day and had dinner with another family. We had a few cancellations due to sickness and working.

Tuesday morning, we caught up with another very clever young adult (kidney Kid) Abby Carter. You will read all about her amazing achievements at a later date when we have the story. Well done Abby!, what a STAR.

Flew to Christchurch and met with Jo and Becs from the Kidney Society. Great to chat, share ideas and have a coffee.

Onto St Martins in Spreydon to welcome our Christchurch families. Not the turn out we expected but lovely to see you and share a cuppa, a muffin, and a chat. The playground outside was well used by the young ones. It was also very cool to see a couple of our older young adult kidney kids looking great. Other family members came along for support which made it that bit more special, thank you. We appreciated the messages from those who cancelled due to sickness, and we do hope everyone is well again. Thank you to Sarah Manson and her family who organised the perfect place for the get together. It was a winner.

# South Island Trip contd ...

Wednesday was cold with ice on the car!. We called into Hinds and Temuka then onto Timaru to meet with a couple of Mums. Kids at Uni or at school. Lunch in a busy café with Kirstyn and Alison.

Thursday morning was pouring with rain and cold. The rain was so heavy and noisy we had to pull over as visibility was all but gone!. We carried on to Dunedin and had a great catch up with our families and had a nice dinner at the Cob and Co. We met a new family in Dunedin and great to see familiar faces and our kidney kids making great headway in their sports and career choices and making sure their dreams are coming true!.

We cancelled the drive down to Invercargill due to sickness, but will try again later in the year. We finished up in Queenstown which was not as cold as we thought it was going to be. And we caught an earlier flight home, as cancellations meant our trip finished sooner than planned. But great to chat on the phone when a face to face wasn't possible.

Thank you for the lovely Southern welcome and the sharing, and the happiness you bring to all.

Nga mihi nui



*Left  
McFadden  
Family*

*Right  
Timaru  
catch up  
Alison,  
Kellie,  
Kirstyn &  
Rachel B*



*Dunedin  
a lovely  
evening  
spent  
catching  
up with  
families*



# Dunedin Clinic & Pizza get-together

On June 1st, Ben Fonua hosted a pizza party for kidney Kids families in the local Dunedin community. As the delicious aroma of freshly baked Pizza's filled the air, whanau gathered around the tables, enjoying mouthwatering slices while engaging in meaningful conversations. Amidst the joyful atmosphere, discussions centered around the importance of a smooth transition from adolescent healthcare to adult healthcare. Parents shared their experiences and insights, offering guidance to others who were embarking on this journey. Attendees exchanged thoughts on how this innovative smartwatch technology could empower them to track medications, monitor vital signs, and stay connected with healthcare providers. The pizza party at Sal's NY Pizza became a memorable occasion, not only for the delicious food but also for the valuable conversations surrounding the transition programme and the promising future offered by the new smartwatch programme.



## Thank You Liam & Counties Manukau Police!

Kidney kid Liam and his Mum Alysha have been working very hard collecting Kantabs and spreading the word about Kidney Kids near and far. Kantabs collection tins were dropped off to Counties Manukau Police who are also supporting this initiative and filling up some tins for Liam. We wanted to say a very big THANK YOU for supporting us!



*Liams amazing Kantab effort!*



# Thanks Accenture & Corporate Challenge Events

Kidney Kids NZ would like to say a very big Thank You to Accenture for your very generous donation to our organization along with \$1000 worth of Lego for some of our lucky kidney kids to enjoy.

Todd at Corporate Challenge Events organized an event on 27th June at Parked up Beer Victoria Park which Ben from our office attended along with one of our kidney kids families.

Kidney kid Cora pictured here with her Dad and brother received some of the fabulous Lego.

Thank you Accenture for your generosity and for supporting Kidney Kids NZ and thanks Todd for organizing the event.



## Matariki Day 14th July 2023

Matariki is a time for remembrance, celebrating the present and looking to the future. This years theme is Matariki Kainga Hokia—Matariki calls you home. This encourages everyone to return to their whanau and their people, and cherish time spent with our nearest and dearest.

## Thinking of Donating a Kidney?

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

# Well done kidney kid Phineas!

Kidney kid Phineas we think you are amazing!. Back in 2016 Phineas was very sick and spent time from September to December up in Starship. He stayed in the hospital and in Ronald McDonald house. There he met a lot of other sick children. After his experience he thought it would be good to do some fundraising to give to these charities.

Phineas decided to grow his hair for it to be made into a wig. Recently it reached the right length to be able to be cut off. He set up a Givealittle page to raise funds to support the charities which supported him. Funds are being donated to Ronald McDonald House and Kidney Kids NZ. Take a look at the before and after photos.



<https://givealittle.co.nz/cause/help-phineas-help-others>

# Thanks Beca & Corporate Challenge Events

On 30th June five of our lucky kidney kids families received brand new bikes for their children. The bikes were built by Beca and presented to them at the event held at the Grand Millennium Hotel in Auckland.

Kidney Kids would like to say a very big Thank You to Beca for building the bikes for our children and to Todd at Corporate Challenge Events for organizing this great event.

Special thanks too Alysha Crooke one of our kidney kids Mums who said a few words on our behalf. As you can see from the photos there a lot of very happy faces.





# Starship Dietitians

As dietitians, we often get asked “what is the best diet for a child with kidney disease?” And the answer is always, “there is none.” Every child with kidney disease is different, not only in terms of diagnosis and renal function, but also with regard to family background and culture. Therefore, there is no one size fits all approach to the dietary management of kidney disease. Babies and young infants need a diet that includes breast milk or formula and advice around starting solids, teenagers are growing fast and need advice around eating out with their friends. In general, we encourage young people and their whanau to follow a healthy diet that is in line with New Zealand Healthy Eating Guidelines. Following these guidelines sets up good habits that will help ensure optimal outcomes post-kidney transplant.

Poor growth and appropriate weight gain are two major nutrition problems for children with kidney disease, so diet is individualized for each child and usually not restricted unless needed. Our goal as dietitians in providing nutrition advice is to support normal growth and development, and protect the child’s long term health as much as possible. When the kidneys are not working well, they struggle to remove waste products originating from foods. As a result, some children will need to restrict their intake of minerals such as salt, potassium and phosphorous. These restrictions may change over time depending on treatments such as medication, dialysis and of course kidney transplant. The Starship dietitians work closely with the kidney doctors and nurses because dietary recommendations are affected by many different aspects of the child’s care and treatment.

Dietitians have been trained to assess your child’s diet, provide individual counselling and offer helpful suggestions. The advice will take into account your child’s food likes and dislikes, as well as their nutritional needs and any restrictions required. We often suggest step-wise changes and encourage a whanau-wide approach. It is important to remember that understanding and patience provide the best chance of success at meal time.

*[Recipe: Cornflake Chicken—next page]*



# Cornflake Chicken, with rice and vegetables

## Ingredients

### For chicken:

1 ½ cups	White rice
2 ¼ cups	Water
400g	Chicken breast/drumsticks/tenders
1	Egg
2 Tbsp	Milk/soy milk
1 ½ cups	Cornflakes*
½ tsp	Dried mixed/Italian herbs
½ tsp	Garlic powder (optional)
1 tsp	Paprika (for chicken)
4 Tbsp	Cornflour
3 Tbsp	Olive oil

### For rice:

1	Medium, brown onion, diced
2	Garlic cloves, minced
1 tsp	Paprika
1	Red capsicum, finely diced
1 cup	Frozen green peas
2 cups	Green beans (fresh/frozen)

## Method

1. Place the rice and water in a pot. Bring to the boil, cover and turn the heat to low. Cook for 13-15 minutes. Stand covered for 5 minutes then fluff up with a fork. [If using drumsticks start the rice after they go in the oven]
2. While the rice cooks cut the chicken thigh horizontally into 2cm thickness, similar to the size of chicken tenders. (Leave drumsticks whole)
3. If using drumsticks, Preheat your oven to 210 degrees celsius fan bake.
4. Whisk the egg and milk together in a shallow bowl.
5. Finely crush the cornflakes. Add the Italian/mixed herbs, garlic powder (if using) and first measure of paprika. Mix well and pour onto a large plat or shallow bowl.
6. Coat the chicken in the cornflour, then dip each piece in the egg mixture. Coat both sides of the chicken in the cornflake mixture and set aside for cooking.
7. If using drumsticks line a large baking tray with baking paper. Put drumsticks on prepared tray and Place into the oven and bake for 30 minutes, or until golden, crispy and cooked through.
8. Meanwhile, combine 1 Tsp olive oil, onion and garlic in a large frying pan and cook for 2-3 minutes. Add the second measure of paprika, diced capsicum and peas. Cook until vegetables are tender. Mix through the cooked rice.
9. Steam beans.
10. If using chicken breast, heat the remaining olive oil in a frying pan. Cook the chicken for 3-4 minutes on both sides, or until visibly cooked through.
11. Serve chicken with rice and side of green beans.



*Recipe modified from Renalicious, The Royal Children's hospital, Melbourne 2018 and <https://www.newworld.co.nz/recipes/chicken/crispy-cornflake-chicken-drumstick>*

# VACCINES



**KEEP KIDS WITH  
KIDNEY DISEASE  
HEALTHY!**

*Childhood vaccines can help prevent:*

- **Measles:** very contagious and can cause high fever and brain injury
- **COVID:** can result in trouble breathing or inflammation of the heart
- **Chickenpox:** can lead to pneumonia
- **Whooping Cough:** can cause breathing failure in babies
- **Polio:** can cause paralysis

Each of these diseases can be especially dangerous for kids with kidney disease.

Talk to your doctor today about  
vaccines for your child!



# Admin

## Stay Safe & Healthy

It is still very important for your health and the health of others when you are in a crowd to wear a mask and wash your hands frequently.

Ministry of Health website [Click Here](#)



## How are you feeling?

Are you feeling anxious or overwhelmed? Remember to always keep in touch with your friends and loved ones. 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).

## Contact Details

We ask that you please let us know if your contact details change as soon as you move as we send our newsletter 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

It is your responsibility to check directly with the organisation hosting the event. Events can be cancelled or postponed. Kidney Kids take no responsibility for any events organised outside our organisation.

## Scarves & hats

Earlier this year some very kind people sent us some knitting for our new kidney kids. We include these in our Welcome Packs. (See Bonnie on the front page of this newsletter sporting her winter woollies). If you are looking for a winter project we would love some more scarves and hats for our young ones 2-12 years.

**How to support our kidney kids and their families nationwide—click on this [link](#) to make a donation—Thank You!**

# 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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