

OKS newsletter



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Welcome to the Otago Kidney Society (OKS) Winter 2026 newsletter



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Message from the Committee

Gosh it is the June already where has the year gone.

We held our AGM on 10th March with a great turn out and we are pleased to welcome Dr Paul Trotter to our team (see below for Paul's bio).

Our World Kidney Day was a tremendous success with the help of Becs Hayes from Kidney Health NZ who came down from Christchurch and Lynda from the Dialysis Unit who performed Kidney Function Tests. It was quite disturbing that approx 50% of those tested were advised to follow up with their GPs. A worthwhile exercise and we look forward to doing more testing more often. Also a big thanks to Liz and Paul for taking blood pressures it was a busy day with quite a queue at times.



Sunday 28th March our first lunch of the year at Moeraki (details further down). Our winter lunch has been cancelled, but details of our Spring lunch are in this newsletter.

For those that attended I hope you enjoyed The Organ Donation NZ Thanksgiving Service on 24th May, unfortunately I was unable to attend but have always been pleased to go and honour those wonderful people who have made it possible to give the gift of life.

Many thanks, OKS Committee

Dr Paul Trotman



Paul is a doctor, writer, filmmaker and lifelong kidney patient due to reflux. He works mostly at Oamaru and Balclutha hospitals with occasional shifts in the Dunedin Urgent Doctors. His films include The Waiting List about organ donation and Donated to Science about medical students doing dissection. He has had two stints on dialysis, one in his teens and the other in his fifties, and is now on his second transplant thanks to an old friend. His daughter has just started her dialysis-transplant journey.

Moeraki Lunch

Autumn Lunch at Moeraki Tavern

A group of 14 members attended our latest get-together at The Moeraki Tavern on March 22nd. It was a beautiful sunny day for the drive there and we enjoyed a relaxing couple of hours or so chatting over our meals. The service was great and the meals superb as always, and we will definitely pay them another visit at some stage.

As a result of the current rise in petrol prices plus the likelihood of meal price increases, the committee have taken the decision to limit our lunches to three this year instead of the usual four. Our next lunch will be on Sunday August 16th at The Village Green in Dunedin & our final one will be in early December, possibly in Central Otago.

Liz Edwards

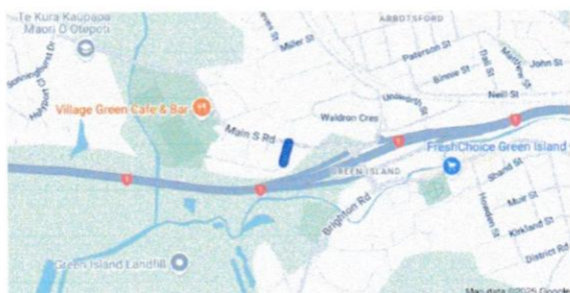
Spring lunch details



Otago Kidney Society Spring Lunch

**Sunday, August 16th
at 12midday**

The Village Green, Sunnyvale, Dunedin



**OKS will pay \$10 towards each person's meal
Multiple parking spaces available / easy access by lift or stairs**

RSVP by Tuesday, August 11th

to

Liz Edwards: email: lb_edwards@xtra.co.nz

mob: 0210476187



Winter Frittata Recipe

Frittata

Servings: 6 people

Ingredients:

- 6 eggs
- 1 cup grated cheese
- 1/2 cup of milk
- 1/4 tsp of garlic powder
- 1 onion diced
- 1 carrot diced
- 1/2 leek diced
- 1 cup of any leftover roast vegetables or frozen vege
- 1 cup of leftover roast meat or tinned beans like lentils or chickpeas (optional)

Method:

1. Pre-heat oven to 180°C
2. Fry the diced onion, carrot and leek until soft
3. Place the cooked onion, leek and carrot, the frozen or roast vegetables, and the leftover meat or tinned beans (if using) in a medium-sized roasting dish
4. Mix the eggs, cheese, milk and garlic powder, then pour over the ingredients in the roasting tray
5. Put in the oven 20 minutes or until the egg has set in the center
6. Slice up and enjoy with cracked black pepper on top



Emeritus Professor David Bell
20th September 1950 – 29th April
2026



**It is with much sadness, we
acknowledge the passing of David,
who died at his home on 29 April.**

David's contribution to visual arts education in Aotearoa New Zealand was profound and far-reaching. Over nearly five decades, he served as a teacher, Head of Department, teacher educator, advisor, researcher, and national leader in curriculum and assessment.

David was a wonderful member of the OKS committee and we all enjoyed his lovely smile and wonderful company and the contribution he made to our society along with his wife Helen, we will miss him and his wisdom and thank him for being him.



Christchurch
Kidney
Society

Christchurch Kidney Society Update

- A restructure of staff hours to cover all aspects of running a high functioning patient support group has eventuated. Jo staying on (with reduced hours) as Manager, a fundraising person has been employed and our Field Worker's hours have increased to cover the increasing numbers of people to see at scheduled hospital visiting.
- Good Bitches Baking have accepted our application to support our people receiving dialysis treatment at the hospital and are providing weekly baking, along with a lovely group of Zonta ladies. This is a much welcomed service!
- Nancy (our dialysis treatment van) has extended its wonderful service to a person on home dialysis from Tauranga, to work in Christchurch with his nationwide company when needed. Nancy has also been on one North Island and two South Island adventures since Christmas and is heading across the ditch again in July.
- We would love to know what people from your area, who have received a recent transplant and hopefully one of our care packs, thinks of the contents and/or has any suggestions for additions to it? We don't always know who receives the bag, or what region they come from, but know many are from Dunedin etc, so any feedback is always appreciated.

Thanks so much

Jo Houghton

Field Officer / Manager

CHRISTCHURCH KIDNEY SOCIETY INC.

Serving our renal community for over 45 years

1/10 Yukon Place, Hornby, Christchurch 8042

Ph: 03 341 0906 or 021 2860 309



A Message from Kath Eastwood – CEO, Auckland District Kidney Society

Kia ora koutou,

Warm greetings to everyone at the Otago Kidney Society. It has been great to connect with your President, Natalie Brown, and to hear about the wonderful work you're doing for your members and the wider kidney community.

There has been a bit going on for us at the Auckland District Kidney Society as we continue to look for ways we can help support people living with kidney disease and their whānau.

Welcoming Our New Social Worker – Kirsty Joyce

We were pleased to welcome Kirsty Joyce to our team as our new Social Worker. Kirsty brings a wealth of experience supporting people through complex health, financial, and social challenges, and she is passionate about helping people living with kidney disease navigate the many practical issues that can arise.

Education in the Community

We are continuing our in-person education sessions within communities, including sessions focused on live kidney donation. These sessions aim to provide clear, practical information and encourage open conversations about treatment options and living donation.

#FoodieFridays

Our popular Foodie Fridays continue across social media, sharing kidney-friendly recipes, nutrition tips, and practical food ideas to help make eating well with kidney disease feel a little less overwhelming. You can tune in [here](#)

Wellness Programme and Exercise Support

Our wellness programme continues to support people living with kidney disease, and those considering live donation, to stay active safely and confidently. We have developed a range of exercise and wellness videos available on our [YouTube channel](#), and we also distribute wellness packs throughout the country containing exercise equipment to support people with their activities at home.

You are more than welcome to speak with our Wellness or Health Educator and appointments can be booked online [here](#)

Upcoming Virtual Education Session – June

Our virtual education series continues in June with a free practical online session: *Know What You're Entitled To: Navigating income, housing and support services*

Join us for a practical online session designed to help you better understand the financial and housing support available to you in Aotearoa NZ.

What you'll learn:

- What support you may be entitled to through WINZ and other services
- Housing and accommodation assistance options
- Disability-related entitlements and financial support
- How to access help with power, transport, and medical costs
- Where to go for advocacy, advice, and ongoing support
- How to ask the right questions and feel more confident navigating the system

Date: Thursday 25th June

Time: 7:00pm to 8:00pm

Venue: Online – join from your home or wherever suits you!

RSVP: [Register now](#)

We look forward to continuing to work alongside kidney communities throughout Aotearoa and thank the Otago Kidney Society for the opportunity to share our updates.

Ngā mihi nui,

Kath Eastwood

Wellness Programme and Exercise support

To take advantage of this support contact Vanessa the Wellness Educator see below and she will be able to assess which exercises are most applicable to you and how to change/adapt these over time. A Wellness Pack will be sent to you along with a Wellness Booklet that explains what exercises you can do with the equipment. The Wellness pack includes a foot roller, balls and bands as shown in the image below.

Virtual calls with Vanessa can be booked here

- <https://bookings.cloud.microsoft/book/BookafreeKidneyKrerochat@kidneysociety.org.nz/?ismsaljsauthenabed=true>



Latest News



Australian Transplant Games 2026
Saturday, 26 September - Saturday, 3 October
Launceston, Tasmania

The Australian Transplant Games is a celebration of life, resilience, and the power of organ donation. In 2025, this extraordinary event will take place in Launceston, Tasmania, from 17-24 Saturday, 26 September - Saturday, 3 October 2026.

The Games bring together transplant recipients, living donors, and donor families from around Australia and New Zealand to compete, connect, and inspire. Featuring a wide range of sports, from athletics and swimming to pétanque and table tennis, the games showcase the incredible achievements possible thanks to organ transplantation.

The New Zealand Transplant Games Association proudly supports Kiwi participants on their journey to the Games. We're here to provide guidance on registration, travel, and funding, and to build a strong community of New Zealanders representing our country in Australia.

***Please contact transplantnewzealand.org
for further information***

Southern Dialysis Service Update

Time has certainly flown since our last update — it feels like only last week I was writing to you all. A lot has been happening across our Southern region, and I'm excited to share the latest developments from our corner of the world.

A Generous Donation for Invercargill

We are incredibly fortunate to have received an iPad donated by OneNZ and Kidney Health NZ for the New Invercargill Dialysis Unit. This will make a meaningful difference for patients to while away the time while on dialysis and we are extremely grateful for the support(photo below)



Invercargill Update

Chronic HD starts are now underway in the Invercargill Unit marking an exciting step forward for our patients in Southland and is a major milestone in improving local access to care and reducing the need for travel.

From 1st June, the team will move to two shifts across three days, which will significantly increase capacity and strengthen the service for the region.

We're also delighted to share that the unit has purchased a brand-new ultrasound machine. This will support improved assessment of vascular access and assist with the cannulation of fistulas — a valuable enhancement to patient care and staff practice.

All of these developments reflect the hard work, planning, and commitment of everyone involved, and we're incredibly proud of what the Invercargill team is achieving.

Big Improvements Ahead for Dunedin

We've purchased a new centralised Reverse Osmosis machine for the Dunedin Unit — a huge relief, as the current one is very much on its last legs. Alongside this approved building work will soon transform the existing sluice room into a dedicated medication room.

This does mean the Dunedin Unit will resemble a construction zone over the coming months, but the long-term benefits will be well worth the temporary disruption.

Supporting Patient Travel

We've been delighted to help facilitate several long-awaited holidays for patients from other centres in New Zealand and Overseas in both in Dunedin and Invercargill. It's always a privilege to support people in getting a much-needed break.

Unfortunately, our capacity continues to slowly decrease as more Southern patients transition to haemodialysis and we need to ensure space remains available for them. Even so, we're proud of the travel support we've been able to offer.

Haemodialysis Capacity: A National Conversation

The recent ANZDATA & ANZSN Special Report on Haemodialysis Capacity was an interesting read. Many of the concerns raised are ones we've all been aware of for years, and we now wait to see whether meaningful action will follow.

A Sweet Thank-You

We continue to be spoilt by the wonderful team at Good Bitches Baking who have been generously providing treats after being nominated by the OKS. Your kindness brightens our days more than you know.

Welcoming the Next Generation

We're thrilled to welcome a Supported First Year of Practice Registered Nurse into the Dunedin Unit. It's exciting to be educating and supporting the next generation of dialysis nurses, and we're proud to play a part in their journey.

Thank you to all our patients their whānau, and the OKS team for your ongoing support.

Ngā mihi nui,

Nic

Southern Dialysis Charge Nurse Manager

Nic Holborow

Charge Nurse Manager

Southern Dialysis Service

+64 027 665 6659 | nic.holborow@southerndhb.govt.nz

Private Bag 1921 | Dunedin 9054



Kidney Health

New Zealand Tākihi Hauora Aotearoa

Kia ora koutou,

What a busy and rewarding start to the year we've had here at Kidney Health New Zealand. With the summer season coming to an end, it's lovely to be able to look back and report to you on what we've achieved, as well as what's still to come in 2026.

March – National Kidney Month – was a great success, with our 'Love Your Kidneys' campaign reaching hundreds of thousands of New Zealanders. Our team was incredibly busy out testing in the community, spreading the word across radio and TV, and educating the public on how to take care of their kidneys. On World Kidney Day (12th March), Becs, our South Island Renal Nurse, was fortunate to test in Dunedin alongside the Otago Kidney Society. It was a successful day of testing and education, and we wish to extend our gratitude to the Otago Kidney Society for allowing us the pleasure of working alongside you in your community. Becs returned a few weeks later for the Moana Nui Festival, a great opportunity to make new connections and strengthen existing community relationships that we value every year.

Our team has gone through significant change, as we've said goodbye to David and John, two very valued long-term members of our board, as well as our Clinical Nurse Manager, Merryn. These three left big shoes to fill, and we are grateful for the expertise, kindness, and time that they put into working with us at KHNZ. These departures made way for us to welcome long-standing board member Maree Munro into the role of Interim Chairperson, alongside the appointment of three new board members – Jan, Peter, and Mark. It is brilliant to see the passion, care, and diversity of perspectives that they are already bringing to our board. Alyssa, our Fundraising Coordinator, has also extended her role to coordinate testing events across the lower South Island. Alyssa grew up in rural Southland, spent nearly ten years in Dunedin, and briefly lived in Central Otago. Alongside her geographic knowledge of the area, she has spent over twenty years navigating the Southern health system with a disability and chronic illness – so the South is in capable hands. You can learn more about all of our board members and staff on the 'About Us' page of our website: www.kidney.health.nz.

Leaving the most exciting news for last; we have recently received funding from the Otago Community Trust, which allows us to increase testing days in Dunedin over the remainder of 2026. As part of this, we would like to warmly invite you to let us know of any events, community groups, cultural groups, or workplaces that may want to host us. Even if your idea doesn't clearly fit one of the categories mentioned, as long as you think testing would be a benefit for the group or event, we'd love to hear from you. You can let us know of any events by emailing Alyssa at alyssa.harrington@kidney.health.nz. Together, we have the best chance to create meaningful change.

We continue to be here to support you and your whānau, and look forward to spending more time down South in the remainder of 2026.

Ngā mihi nui,

Madi Keay

Haemodialysis Capacity Survey

You may have heard on the news the need for more Haemodialysis capacity below is some information regarding this and if you log onto the ANZDATA website you can look at the full report

SPECIAL REPORT RELEASE

2025 ANZDATA & ANZSN Haemodialysis Capacity Survey

Today we released the 2025 ANZDATA & ANZSN Haemodialysis Capacity Survey - the most comprehensive assessment of dialysis capacity across Australia and Aotearoa New Zealand to date. The findings reveal growing pressure on haemodialysis services, with many units operating at or beyond safe and sustainable capacity.

For the first time, the survey captures national data on acute haemodialysis activity, highlighting the pressure placed on hospital-based services. The consequences are increasingly being felt by patients, with some waiting extended periods to access treatment closer to home and many travelling long distances multiple times each week for life-sustaining care.

The report warns that workarounds used to "stretch" capacity may increase risks to patient safety and contribute to workforce burnout.

It was demonstrated that current dialysis capacity is insufficient to meet present-day demand, let alone future growth. Without coordinated planning and sustained investment in workforce, infrastructure and service capacity, pressure on dialysis services will continue to escalate.

Key findings from the report include:

- More than 80% of Australian regions report waiting lists for people needing dialysis or seeking treatment closer to home

- 50% of New Zealand units and several Australian jurisdictions are operating above usual dialysis capacity levels
- 24% of Australian dialysis units have machines that cannot be used due to staffing or funding shortages
- Significant inequities persist, particularly in regional and remote communities where patients may travel hundreds of kilometres multiple times each week for life-sustaining treatment

Dr Sharon Ford, President of Australian and New Zealand Society of Nephrology (ANZSN), said the findings reflected “*a system under strain, not isolated pressure points*”.

“Even where services appear to be operating within usual capacity, the system lacks resilience”.

Expression of Interest sought for Aotearoa New Zealand-based representatives for ANZDATA Working Groups

1. The ANZDATA Safety and Quality Working Group are seeking a general member representing Aotearoa New Zealand (NZ).
2. The ANZDATA Transplant Working Group are seeking a general member representing Aotearoa New Zealand (NZ).
3. The ANZDATA Patient Reporting Outcome Measures Working Group are seeking a general member representing Aotearoa New Zealand (NZ).
4. The ANZDATA Peritoneal Dialysis Working Group are seeking a nursing member representing Aotearoa New Zealand (NZ).

Expressions of interest should be forwarded as:

1. Brief cover letter expressing interest in joining the working group
2. A copy of your current CV
3. Email to **anzdata@anzdata.org.au**

For any questions or further information, please don't hesitate to contact us at anzdata@anzdata.org.au.