

# Kidney Health

New Zealand Tākihi Hauora Aotearoa

## Summer 2025



**In this final newsletter for the year, we have articles on:**

- **Departure of CEO Andrew Baker**
- **Testing in the Community**
- **Tū Pakari (Stand Together) Organization**
- **The Kidney Society (Auckland) Webinars**
- **Kidney News**
- **Research Opportunities**

## Welcome to the 2025 Summer Newsletter!

**As we near the end of 2025, I want to thank everyone in the Kidney Health NZ community – our patients, clinicians, volunteers and partners – for another year of progress and purpose.**

This has been a year of growth and momentum for Kidney Health NZ. We've expanded our reach, strengthened our advocacy and continued to put prevention and equity at the centre of everything we do. Across the country, our team has been out in the community delivering free kidney checks at workplaces, marae and public events. Early detection remains our most powerful tool for saving lives, and we're committed to making testing easy, local and accessible to everyone.

We're also proud to be supporting vital New Zealand research into kidney disease, helping turn new knowledge into better care.

Next year you'll see a refreshed Kidney Health NZ brand and website, designed to make information and support clearer and more welcoming. We want every person living with, or at risk of, kidney disease to find the guidance they need quickly and confidently, and we think our updated look will better reflect the vibrant, caring community we serve.

Next year is election year, and we've already begun engaging with politicians from across the spectrum. In November we were in Parliament's Grand Hall for an event hosted by Boehringer Ingelheim, where new research underscored the urgent need for investment in prevention and early treatment. Our goal is to get kidney health firmly on the national agenda because the choices made now will determine whether we can turn the tide on this growing crisis.

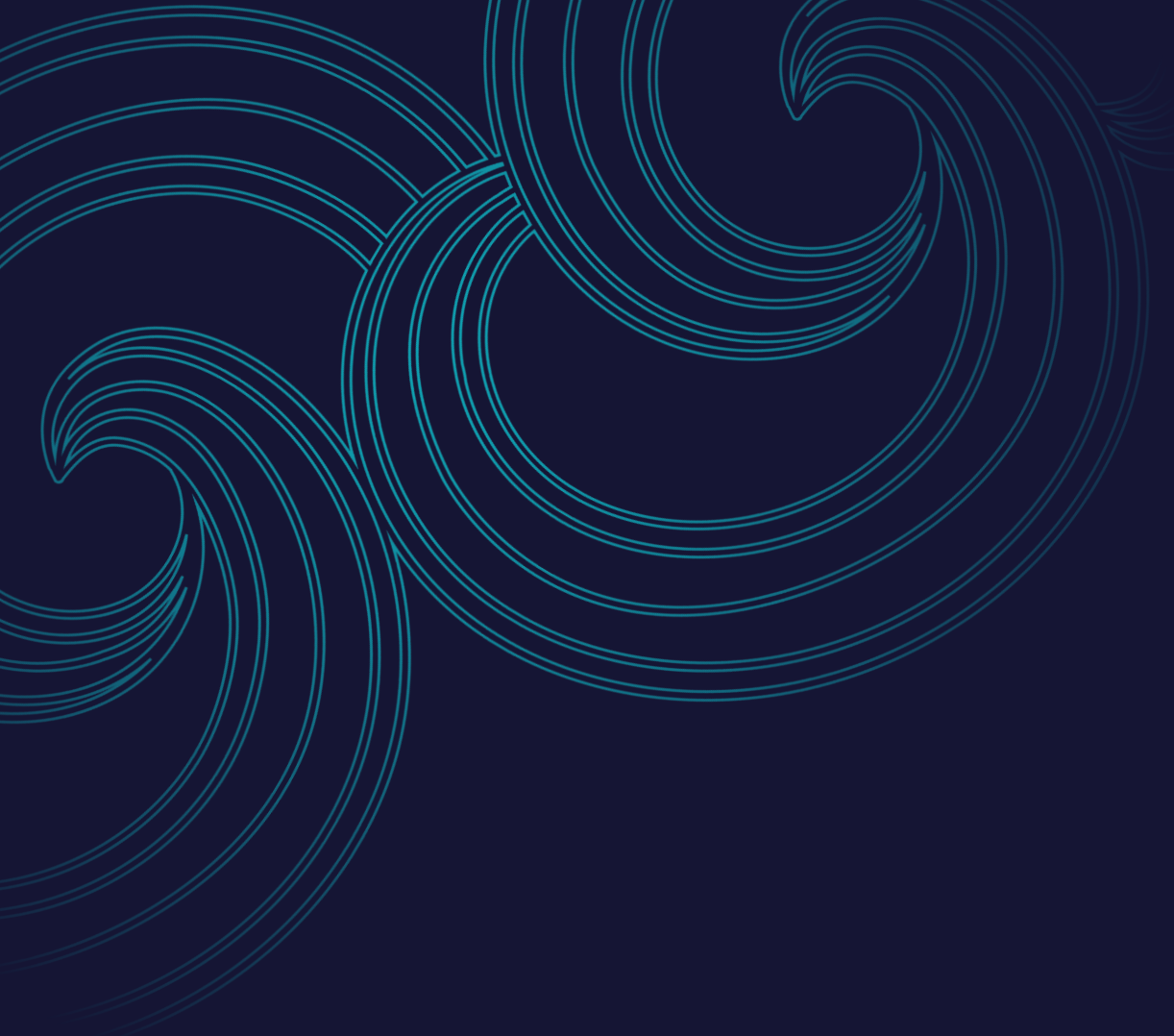
Many of you will already be part of our active Facebook community, and we're now connecting on Instagram and LinkedIn too. These channels help us share practical advice, celebrate stories of resilience and raise awareness of the realities of living with chronic kidney disease. If you'd like to share your own story, please get in touch; your experiences give others hope and strengthen our collective voice.

On behalf of the entire Kidney Health NZ team, thank you for your continued support. Together, we're creating a future where every New Zealander can live well with, or prevent, kidney disease.

**Ngā mihi nui,**

**Madi Keay**

General Manager, Kidney Health New Zealand



## Acknowledging Andrew Baker's Contribution

**After two years as Chief Executive of Kidney Health New Zealand (KHNZ), Andrew Baker has chosen to step down from his role. The Board takes this opportunity to acknowledge his leadership and the contribution he has made to the organisation and the wider kidney health community.**

Andrew brought energy and commitment to his role, engaging widely across the health sector and contributing to KHNZ's visibility and impact at a national level. He worked to strengthen connections with clinicians, researchers, and policymakers, while also helping to ensure that the patient voice remained central to our work.

During his tenure, Andrew played an important role in keeping the organisation steady through a period of transition. He supported initiatives that have broadened KHNZ's reach, fostered collaboration across regions, and ensured our kaupapa (prevention, equity, and patient advocacy) continued to guide the way we operate. His collaborative approach and ability to connect with a diverse range of stakeholders helped advance key sector initiatives and lift KHNZ's profile.

We are grateful for Andrew's service to Kidney Health New Zealand and his contributions to the kidney health community. The Board wishes him every success in the future.

# Testing in the Community

## Waitara Library – Waitara, North Taranaki

**On Wednesday 7th May, KHNZ provided free kidney health checks and health education at the Waitara Library and Services Hub, Queen St, Waitara.**

Merryn Jones, National Clinical Manager of KHNZ, and a Clinical Nurse Specialist in renal nursing worked alongside Matire Ropiha-Stewart, Head of Engagement, Diabetes NZ, and Maryanne Tawhara, Diabetes Kaimahi, Taranaki, to provide wrap around education and support to those being tested.



## Manawatū Community Hub – Feilding, Manawatu/Horowhenua

**On Thursday 8th May, KHNZ provided free kidney health checks and health education at a community hauora day at the wonderful new Te Āhuru Mōwai, Manawatū Community Hub venue in Feilding.**

This event was organised by Ngā Kaitiaki o Ngāti Kauwhata with their partners. Hauora services delivered a wide range of whānau health initiatives to the Feilding community.



## Rehua Marae – Christchurch

**On Tuesday 20th May, KHNZ provided free kidney health checks and health education at Rehua Marae, for Kaumātua and staff.**

One member of the Kidney Health NZ team provided cardio-renal-metabolic testing and education.

This was an invitation event extended to us after we were invited to attend a Hauora based pōwhiri on the 11th of February.



## Iron Māori Event – Hastings

**On Sunday 25th May, KHNZ provided free kidney health checks and health education at the Iron Māori Marae Wero event at the Hastings Sports Park.**

Iron Māori is an annual indigenous triathlon which began 15 years ago in Te Matau-a-Māui / Hawkes Bay and has now returned to Ngāti Kahungunu and Te Taiwhenua o Heretaunga to convene going forward. The marae wero involved Ngāti Kahungunu participants representing their marae, spanning from Wairoa in northern Hawkes Bay, down to Waipukurau in Central Hawkes Bay, to participate in a 20km cycle, 500m swim and a 5km run or walk.

Merryn Jones (Ngāti Rakaipaaka, Ngāti Kahungunu) is National Clinical Manager at KHNZ and a Clinical Nurse Specialist in renal nursing. She provided blood pressure, point of care blood glucose and kidney function testing as well as kidney health advice and education.

Merryn partnered with Katie Holden, local Hawkes Bay Heart Health Educator from Heart Foundation NZ, to share a space and the Heart Foundation marquee.

Together, we provided resources and education about the benefits of managing blood pressure well to protect cardiovascular and renal health.





## Pasifika o Wairarapa Trust Event – Wairarapa

**On Thursday 29th May and Friday 30th May, KHNZ provided free kidney health checks and health education for the Pasifika community in Wairarapa.**

Working alongside Pasifika o Wairarapa Trust, we provided an after-work community testing event for the Pasifika community. This event was publicised locally via radio advertising and posters, and nationally via KHNZ social media.

The following morning, we provided testing for the Aosinasina/Seniors group who attend Pasifika o Wairarapa Trust.

Following Aosinasina testing, we provided an education session for eight community Pasifika Health Navigators who work alongside the Pasifika o Wairarapa Trust, including the General Manager of the Trust, Luther Toloa.

We wish to acknowledge Iliana Sabutu, who is Health Navigator for Pasifika o Wairarapa Trust. Iliana was pivotal in arranging the advertising and organisation for these events, and we are grateful to her for her commitment to supporting the Pasifika community in Wairarapa.

Two employees of Kidney Health NZ supported these 3 events, providing cardio-renal-metabolic testing and education.



## Te Rito Ora Whānau Hauora Day – South Auckland

**On Friday 6th June, KHNZ provided free kidney health checks and health education at the Te Rito Ora Whānau Hauora Day in Manurewa, South Auckland.**

Almost half of those attending the Te Rito Ora Whānau Hauora Day were Pasifika, although there was a high turnout from the Indian community also.

The Te Rito Ora Whānau Hauora Day in Manurewa was a great opportunity for KHNZ to work alongside other health agencies who provide support, advice and preventative care, such as Hato Hone St John, Diabetes Te Whatu Ora Counties Manukau, Cervical Screening, Mapu Maia, Bowel Screening, SmokeFree Te Whatu Ora, and social services who provided free hot food, bags of apples and pears, and free clothing to the community.



## Kelston Hauora Day – Kelston, West Auckland

**On Saturday 7th June, KHNZ provided free kidney health checks and health education for the Kelston community in West Auckland.**

The majority of those attending the Kelston Hauora Day were Pasifika, and there was a high turnout from the Tuvaluan community.





## Christchurch Methodist Mission – Christchurch

**On Tuesday 10th June and Wednesday 11th, KHNZ provided free kidney health checks and health education at Wesley Care in Harewood, for Christchurch Methodist Mission staff.**

This was an event that came about after it was recognised that two of their staff had recently been diagnosed with end stage kidney disease.

This Methodist Mission event in Christchurch was a valuable testing opportunity for KHNZ. Two staff members are currently experiencing ESRD, while another's husband is approaching ESRD. It was something the staff could grasp on a real level, knowing the symptoms were often silent.

Throughout the day the lines were out the door as they waited to get tested. Despite many staff being apprehensive about results or getting their finger pricked, they were eager and open to hear about how they could ensure they could care for their kidney health and avoid developing kidney disease.





## Tokoroa and Putaruru Events – Waikato South

**From Tuesday 17th June through to Thursday 19th June, KHNZ provided free kidney health checks and health education at three events in Tokoroa and Putaruru.**

KHNZ reached out to Raukawa Charitable Trust, an Iwi Provider with offices in both Tokoroa and Putaruru, as well as Te Awamutu and Matamata. As an organisation, Raukawa Charitable Trust have a reach that extends from Hamilton in the north, down to Tirau in the south, and from Rotorua in the east across to Te Awamutu in the West. They provide hauora and social services as part of their activities.

KHNZ National Clinical Manager Merryn Jones, liaised closely with Katrina Maaka, Team Leader Kaumātua Services, and Wendy Clair, Programme Facilitator Kaumātua Services.

On two of the days, Merryn was joined by Sini Taunaholo-Ropeti, a Renal Educator and Health Promoter from Auckland.

Together, Merryn and Sini provided blood pressure, point of care blood glucose and kidney function testing as well as resources and education about the benefits of managing blood pressure well to protect cardiovascular and renal health.

We also wish to thank the wonderful team at Raukawa Charitable Trust for facilitating this opportunity to work alongside them, and to serve these South Waikato communities. Through partnering with Iwi hauora providers, the people we test are supported with their long term health needs.





## Te Ara Waiora Hauora Day - Waipukurau, Central Hawkes Bay

**On Friday 27th June, KHNZ provided free kidney health checks and health education at the Te Ara Waiora Hauora Day at the Waipukurau Memorial Hall in Central Hawkes Bay.**

KHNZ National Clinical Manager Merryn provided blood pressure, point of care blood glucose and kidney function testing as well as kidney health advice and education.

Merryn worked alongside Katie Holden, Heart Health Educator at Heart Foundation NZ, and Nicola, Stroke educator at Stroke Foundation. Sally Maoate from Bowel Screening was present, as was Cervical screening, Lena Kotua and Frank from Hep C Foundation, and Te Taiwhenua o Heretaunga.



## Together We Thrive Event - Flaxmere

**On Saturday 12th July, KHNZ provided free kidney health checks and health education at the 'Together We Thrive' family event at the EFKS Samoan Church's Malamalama o Keriso Hall in Flaxmere.**

The event was organised by Health Hawkes Bay and Mapu Maia, and there was a fantastic turnout of mainly Samoan families. It was well supported by health agencies with the various DHB cancer screening and public health team's providing immunisations (with great uptake of this service), Diabetes NZ, Heart Foundation, Stroke Foundation, Cancer Society, Cranford Hospice, Kainga Pasifika Services, Mapu Maia, Polyactive, Disability Resource Centre, Citizen's Advice Bureau, Moana Nui, Te Are Waiora, Kupenga Hauora o Ahuriri providing ECGs and cardiovascular risk assessments, as well as Kidney Health NZ.



Together, Merryn and Sini provided blood pressure, point of care blood glucose and kidney function testing as well as resources and education about the benefits of managing blood pressure well to protect cardiovascular and renal health.

## Various Events – South Auckland

**The week of the 14th of July, KHNZ provided two education events and one testing event in South Auckland.**

On Tuesday 15th, National Clinical Manager Merryn Jones provided education to about twenty Pukekohe Hospital nursing and allied health staff about Chronic Kidney Disease (CKD) via Mobile Health NZ. This was a one hour presentation.

On Thursday 17th, at the invitation of Rāhera Smith, Nurse Practitioner at Manurewa Marae Hauora Clinic, Merryn provided a one hour education session about CKD to nurses and Kaiawhina on site.

On Saturday 19th, KHNZ offered free kidney health checks at the Aiga Malosi event at the EFKS Church hall in Manurewa.





## Various Events - Invercargill

**Between Tuesday 26th August and Thursday 28th August, KHNZ provided free kidney health checks at three different locations in Invercargill, as well as three teaching events, two for health professionals, and one community teaching event.**

On Tuesday 26th, workers at the Alliance Meatworks in Lorneville, Invercargill were tested between 1.30pm and 8.30pm, enabling workers from two shifts to access testing.

On Wednesday 27th, KHNZ National Clinical Manager Merryn Jones provided both education and testing at the Pacific Island Advisory Charitable Trust (PIACT) in Invercargill. PIACT serve the large Pasifika population in Southland and provide cultural, social and health services on site.

Following this, Merryn joined in with the weekly Mātua group. She delivered a 30 min education session entitled 'Keeping Your Kidneys Healthy', and there was time for questions and answers before their lunch.

Later that afternoon, Merryn provided free kidney health checks at Awarua Whānau Services at 190 Forth St, Invercargill. Awarua Whānau Services run a walk-in clinic every Wednesday from 2-7pm with Nurse Practitioner Nadine Goldsmith.

On Thursday 28th, Merryn returned to Awarua Whānau Services to provide a 45 min education session. Merryn then provided free kidney health checks to the Kaumātua who attend the 'Koia kia tu' Tai Chi session.

Later that day, Merryn tested Māmā who had come for a weekly Māmā and Pēpi support group, as well as staff members.

On leaving Awarua Whānau Services, Merryn was given a personal tour of the Invercargill Dialysis Unit by recently appointed Nephrologist and General Medicine Physician Dr Hussain Allawati.

Dr Allawati worked with Merryn for last 10 years in Hawkes Bay renal services, and provided a personal tour of the planned Invercargill dialysis unit which should be up and running within the next two years with a capacity of 9 chairs for 18 patients. Merryn saw the plans for the new unit which will include a selfcare facility along with dialysis provision 6 days a week.



# What else is on in the community

## Tū Pakari (Stand Together)

**Tū Pakari (Stand Together) supports those living with energy limiting and chronic pain conditions including Chronic Fatigue Syndrome, Fibromyalgia, Long Covid and Autoimmune conditions. We welcome those living with chronic conditions and offer a safe environment of understanding, companionship and peer support through our facilitated support groups and online networks.**

Living with energy limiting and chronic pain can be isolating, and our networks enable connection with others on the same journey. We offer facilitated monthly meetings in Taradale, and at our women only meeting in Hastings.

Our Working Persons Group meets on a Saturday in Havelock North and our Young Persons Group, Waraki supports our rangatahi.

**For further information and to access our support network please contact the Tū Pakari Support Coordinator on 028 456 8184 or visit [tuupakari.co.nz](http://tuupakari.co.nz)**





## The Kidney Society – Bridging the Gap: New Virtual Education Series Empowers People with Kidney Disease

**We are all too aware of the inequities that exist across Aotearoa when it comes to healthcare. For people living with kidney disease, the difference in access to care, support, and education can often feel like a postcode lottery. Where you live should not determine the quality of information or support you receive, especially when facing a life-changing condition like chronic kidney disease (CKD).**

That's why the Kidney Society is proud to have recently launched our Monthly Virtual Education Series – a new initiative designed to bring clear, practical, and empowering education directly to people's homes, no matter where they live.

These online sessions are designed specifically for people living with CKD and their whānau. Each month, we cover a different topic relevant to the kidney community – from understanding your diagnosis and managing nutrition, to learning about dialysis options, transplant pathways, and lifestyle tips for living well with kidney disease.

The format is interactive and inclusive, with plenty of time for questions and discussion. We want participants to feel heard, supported, and more confident in making informed choices about their care and treatment. Every session also includes access to helpful resources participants can revisit afterwards.

These sessions are more than just information-sharing, they are about empowerment. Knowledge is power, and when people understand their condition, they're better equipped to ask the right questions, make informed decisions, and take an active role in their care.

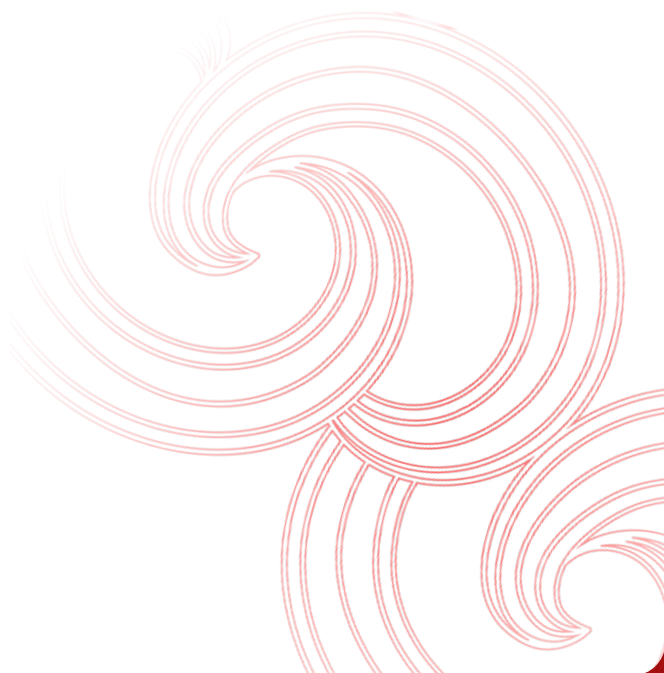
Education reduces fear, builds confidence, and helps people feel more in control during what can be an overwhelming journey.

We know that health outcomes improve when people are supported to understand their options. Yet many whānau still face significant barriers to accessing the right information, especially in rural or underserved communities. Although not the same as in-person sessions, we hope the virtual format helps in a small way to level the playing field and ensures that no matter your postcode, you can get the support you deserve.

Whether you're newly diagnosed, have been living with CKD for years, or are supporting someone with kidney disease, we welcome you to be part of these monthly sessions. Keep an eye on the Kidney Society website and newsletter for upcoming topics and registration details.

Together, we're building a more informed, connected, and empowered kidney community – because everyone deserves the knowledge and support to live well with kidney disease.

**Visit the Kidney Society – ADKS on Facebook on send an email to [contact@kidneysociety.org.nz](mailto:contact@kidneysociety.org.nz) for more more information.**





## **Kidney Health NZ Board Member John Kearns talks about his three kidney transplants.**

**In an August interview with The NZ Herald, KHNZ & Kidney Society (ADKS) board member John Kearns spoke about his journey with kidney disease.**

Over the last 40 years, John has received three kidney transplants, each giving him a new lease on life. His journey began in the 1980s when, at just 20 years old, he was diagnosed with kidney failure.

In 1987, his sister Liz donated a kidney that enabled John to live a full life, get married, and raise three daughters.

In 2002, John had his second transplant. Receiving this on Father's Day, the transplanted organ lasted 8 years.

Finally in 2015, John had his third transplant – which is still working to this day.

This is a powerful article that not only speaks to the resilience of John, but that also shows us that organ donation saves lives – not just for a year or two, but for decades. With more awareness and support, others like John can have the same second, and third, chance at life.

**To read the full article, please check out the Kidney Health New Zealand Facebook page.**

## **Dr Curtis Walker talks Te Pāti Māori MP Takutai Moana Natasha Kemp**

**The sudden death of Takutai Moana Natasha Kemp was a tragic loss, for her whānau and for Aotearoa New Zealand. Kidney Health NZ wants to acknowledge her passing – and give our condolences to her whānau and friends.**

In the weeks following her death, consultant nephrologist and board member with Kidney Health New Zealand Dr Curtis Walker (Te Whakatōhea, Ngāti Porou) was interviewed by The NZ Herald.

“Like too many others, she died reportedly while waiting for a kidney transplant. Her passing is a painful reminder that kidney disease is not rare. This is a crisis hiding in plain sight, and we need to treat it like one.

As a nephrologist, I see the impact of this disease every day: in our hospitals, rural clinics and homes. Dialysis units are stretched beyond capacity, with some running four shifts a day, seven days a week, just to keep up.



One in 10 New Zealanders have kidney disease, and many don't know it. There are often no symptoms until 90% of kidney function is lost. By that point, dialysis or transplant are the only options.

There are currently around 400 people on the kidney transplant waiting list. But while transplantation is the best treatment for kidney failure, it's still a treatment – not a cure.

Māori, Pasifika and South Asian people are more likely to develop kidney disease, but anyone with diabetes or high blood pressure is at risk. Managing these conditions effectively can delay kidney failure by up to a decade. That's time people can spend living fully, not tethered to a dialysis machine.

At Kidney Health New Zealand, we advocate for people living with kidney disease. But we're also focused on prevention – catching the disease early, before it becomes symptomatic, before dialysis or transplantation are needed.

We run free kidney health checks at marae, festivals and workplaces across the country. The test we use costs us just \$12, but we don't charge for these tests. In many cases, it helps someone avoid a lifetime of dialysis that would cost the health system hundreds of thousands of dollars.

But early detection isn't reaching enough people. We also need GPs to include kidney function tests as part of routine bloodwork, especially for those at higher risk. And we urgently need the Government to classify chronic kidney disease for what it is: a long-term, chronic health condition.

Why does that matter? Because without formal recognition, there's no centralised data on prevalence. We don't know how many people are at risk or where resources need to go. If we can't measure the problem, we can't manage it.

Instead, we continue to treat the crisis at its most expensive, traumatic end: dialysis. Dialysis costs are projected to rise by \$150 million over the next decade.

Dialysis involves being connected to a machine for 15 to 30 hours a week, every week. It keeps people alive, but it takes a huge toll on their wellbeing, finances and whānau. The better path is to stop people needing dialysis in the first place.

This is a global issue.

In May, the World Health Organisation adopted its first-ever global resolution on kidney health. It calls on all member states, including New Zealand, to strengthen prevention, integrate kidney care into national health strategies and improve access to early diagnosis and treatment. It recognises what kidney specialists have known for decades: early action saves lives.

Here in Aotearoa, we're behind the curve. We have the knowledge. We have the tools. What we lack is urgency.

We are not powerless. We know how to prevent kidney disease. We know how to slow its progression. And we know how to identify it early, cheaply and effectively.

But right now, we are not acting on that knowledge.

As MPs mourn the loss of Takutai Moana Natasha Kemp, we all need to understand that situations like hers are playing out across communities every day. Kidney disease may be silent, but our response cannot be."

**To read more, please visit the Kidney Health New Zealand Facebook page.**



Research Available

## The Captivate trial

**CAPTIVATE is a research study that aims to find the best treatment, or combination of treatments, to help slow down the loss of kidney function. The study is flexible, so it can test different treatment options over time to see what works best.**

CAPTIVATE is currently active at the following hospitals: Te Whatu Ora Waitemata – North Shore, Whangarei, Middlemore, Hawke's Bay, and Dunedin.

### Who may be eligible to participate?

- You need to be 18, or older.
- Have Chronic Kidney Disease from any cause.
- Kidney Function (eGFR) of 25 or higher.

Please find the information sheet and infographic on our website at [kidney.health.nz/get-involved/research](https://kidney.health.nz/get-involved/research)





# Photovoice Research

**Share Your Journey: A call to Kidney Failure and Kidney Transplant Recipients Inspire Others. Advance Research.**

We're inviting YOU to participate in a unique research project!

If you've received a kidney transplant or are on dialysis, are over 18 years old, can use a camera (smartphone or polaroid) your story matters. Help us understand the kidney failure and transplant experience through your photo-lens.

---

## How to Join and What is Needed:

1. Email: [Debbie.Wilson@aut.ac.nz](mailto:Debbie.Wilson@aut.ac.nz)
2. Consent to participate in our research study
3. Send your photos with a short description. Participate in a follow up confidential phone interview to discuss your photos. Then an optional focus group to hear about the study findings.

---

## Your Privacy Matters:

All submissions are confidential and used only with YOUR permission. You can choose to remain anonymous.

Let your story be seen. Let your voice be heard. Together, we can make a difference.

**Questions? Contact us at:**  
**[Debbie.Wilson@aut.ac.nz](mailto:Debbie.Wilson@aut.ac.nz)**

---

Approved by the Auckland University of Technology Ethics Committee on 27 June 2025. AUTEK Reference number 25/183

## What We're Looking For: PHOTOS

- Photos that capture your transplant journey - before, during, or after.
- Moments of strength, vulnerability, recovery, and resilience.
- Everyday life on dialysis or post-transplant: the big and small wins.

## Why Participate?

- Empower others going through similar experiences.
- Contribute to research that aims to improve transplant care.
- Celebrate your journey and the community that supports you.



**Scan me  
for more  
information.**



## IMPEDE-PKD

### The IMPEDE-PKD study focus is:

Testing whether metformin, an existing medicine for diabetes, can prevent decreases in kidney function for people with Autosomal Dominant Polycystic Kidney Disease (ADPKD).

### Do you or anyone you know have Autosomal Dominant Polycystic Kidney Disease (ADPKD)?

The IMPEDE-PKD Team are inviting people who have ADPKD, who are between 18 and 70 years old, and are not taking metformin (a medicine for diabetes) to consider a research study.

IMPEDE-PKD are studying whether metformin is helpful in protecting kidney function for people with ADPKD.

**If you, or someone you know, who would like to be part of this study, please contact:**

**Rachel**

 [impede-pkd.nz@otago.ac.nz](mailto:impede-pkd.nz@otago.ac.nz)

 244 1979 or 0221 351 300

Alternatively, please visit  
[kidneytrials.com/impede-pkd](https://kidneytrials.com/impede-pkd)  
to get involved.



### This research study will involve:

- Taking medication (metformin or sugar pill) for 2 years and 3 months.
- Having regular health review including blood and urine tests.
- Filling out questionnaires about health and symptoms.

During the research study, you will meet a study nurse 4 times in-person and 9 time over the phone or video call (based on your preference). Each meeting will be 30 to 60 minutes long.





# Kidney Stories & Experiences

**Have you donated a kidney? Received a kidney?  
Or been on dialysis? We want to hear your story!**

'Transplant Stories from around the Motu' is a project aimed at raising awareness of live donation, kidney transplantation and the experience of being on dialysis.

Launched during National Kidney month in 2023, we hope this library of experiences can help alleviate the fears of kidney failure – and help to encourage more donations.

If you'd like to check this library out, visit [kidney.health.nz/information-and-resources/stories](https://kidney.health.nz/information-and-resources/stories)

We're looking for people from all ages and all walks of life to contribute to this library, so if you'd like to share your experience with us – please get in touch at [sam.faalilo@kidney.health.nz](mailto:sam.faalilo@kidney.health.nz).

## Kidney Support in New Zealand

**Our 0800 543 639 support line is open  
Monday to Friday – 8.30am – 5pm**

### North Island

**The Kidney Society (previously ADKS)**  
[kidneysociety@adks.co.nz](mailto:kidneysociety@adks.co.nz) – 0800 235 711

**Wellington Kidney Support Society**  
[mattytoole@gmail.com](mailto:mattytoole@gmail.com)

**Taranaki Kidney Support Group**  
[margaretshome@xtra.co.nz](mailto:margaretshome@xtra.co.nz)

**Bay of Plenty Support Group**  
[kaywyn.McKenzie@bopdhb.govt.nz](mailto:kaywyn.McKenzie@bopdhb.govt.nz)

**Whanganui Support Group**  
[gbullock@xtra.co.nz](mailto:gbullock@xtra.co.nz)

### South Island

**Christchurch Kidney Society**  
03 341 0906

**Ashburton Kidney Society**  
[ashburtonkidneysociety@gmail.com](mailto:ashburtonkidneysociety@gmail.com)

**Otago Kidney Society**  
[info@oks.nz](mailto:info@oks.nz)

### Australia

**Kidney Health Australia**  
[careteam@kidney.org.au](mailto:careteam@kidney.org.au) – 1800 454 363

### Nationwide

**Kidney Health NZ Support Line**  
[info@kidney.health.nz](mailto:info@kidney.health.nz) – 0800 543 639

**Kidney Kids**  
[office@kidneykids.org.nz](mailto:office@kidneykids.org.nz) – 0800 215 437

### Facebook Support Groups

**Aotearoa Kidney Whanau**

**PKD Collective NZ**

**Kidney Donor Whanau**

**Wellington Kidney Support Society  
(WELLKiSS)**

**Otago Kidney Whanau**

## Receiving your newsletter

Kidney Health NZ are committed to cutting down on paper printing. If you would like to receive your newsletter digitally, please let us know by emailing [sam.faalilo@kidney.health.nz](mailto:sam.faalilo@kidney.health.nz)

We can add you to our email database which will have the newsletter emailed directly to you.