

Rotary Club of Christchurch South



Christchurch Kidney Society – Making a difference in Canterbury

Jo Houghton the Manager of The Christchurch Kidney Society gave a very informative talk about the Society and its work. The aims of the Society are to offer assistance to people with renal failure, provide equipment for the relief, rehabilitation and comfort of patients, foster public awareness in the causes of renal disease and research.

The Christchurch Kidney Society has been serving the community for 47 years and was formerly known as the New Zealand Dialysis and Transplant Society Inc. 1977 – 1985. It was started by patients and doctors.

Jo outlined what the society does to include: care packs for dialysis and transplant patients, organizing social events, Youth support through the Graeme Cox Youth Education Trust, offering information, membership, newsletters and gift packs and having available a mobile dialysis campervan. The campervan is hired about 10 times a year and is fitted out with a dialysis machine. This allows patients to have a holiday that otherwise would not be possible. Since 1978 the Society have had three campervans and are planning to have a replacement 2024 / 2025.

Jo spoke about dialysis. If kidney function is between 7-10% dialysis may bring the function up to 15%. A very sad statistic as patients spend many hours using a dialysis machine. Healthy kidneys remove fluid and waste from your blood but let proteins and other important nutrients pass through and return to your blood.

There are various warning signs of Kidney and Urinary Tract Disease.

They are: discomfort or burning while passing urine, more frequency or poor bladder control, blood in the urine, swelling of the ankles, backpain below the ribs and nearby areas, and high blood pressure.

Jo said that Kidney Disease is a silent killer so knowing the signs is important as well as asking your Doctor for a simple kidney test. There is a need to be aware of your blood pressure as 80% of people with kidney disease have high blood pressure.

Thankyou Jo for a very interesting talk and for heightening our awareness regarding kidney disease.

There is a free information line:

0800 KIDNEY (0800 543 639)

www.kidney.co.nz

christchurchkidneysociety.co.nz

Email: christchurch.kidney.society@gmail.com

Thank you Viv for the report and photographs.



Jo Haughton, speaker.



Club night, 08 May.

Mother of All Clean Ups – Heathcote River



On a cold, crisp morning but dressed for the occasion, Mel, Viv, Sara, Andrew, David and Geoff headed off to clean up the Heathcote river bank. Very little rubbish was collected compared with 5 years ago, so an easy morning. Viv found a grubber – noted as the most interesting find! Some gathered at The Brickworks afterwards for a spot of socialising.

Thanks to those who helped – although I have to tell you that one Rotary member decided to join the Beckenham Residents Association and headed off in the opposite direction!



Upcoming Meetings

15 May 2024

Ross Haggart

Family Help Trust Helping Children and Families achieve wellbeing

22 May 2024

Dr Rie Natelenko Great Aussie Icons - Learn about the great Aussie Icons: from Dummies to Drivers, from Two-up to The Dog on the Tuckerbox

29 May 2024

Simon Daisley – CCC Community Stories Liaison. Canterbury Stories - Twists & Tales online - <https://canterburystories.nz/>. Canterbury Stories is our place for collecting and presenting online collections from our digitised archives, publications, photographs and community. Canterbury Stories includes material from Photo Hunts, exhibitions on Christchurch places and themes, sets of images, as well as a growing collection of archive and published material.

Great Aussie Icons - Learn about the great Aussie Icons: from Dummies to Drivers, from Two-up to The Dog on the Tuckerbox

Upcoming Events

- **AVIVA STREET APPEAL**

FRIDAY 17th May and

SATURDAY 18th May

From 9-6pm in 2 hour slots

At New World St. Martin's.

Please keep these days free to help.

- **May Walk and Luncheon**

Date: Thursday 16 May

Park: Park in the Adventure Park Carpark

Meet: 10.30am in carpark

Walk: An Adventure Park track

Lunch: 12:00 Urban Eatery, Oderings Garden Centre, Cashmere Road

Organiser: Geoff

If you are unable to join the walk, then feel welcome to join the walkers for lunch.

If the weather is unsuitable for walking, we will still meet for lunch at 12:00 noon

Please let David (david.buist@xtra.co.nz) know if you are walking, lunching or both **BY Monday 13 MAY.**

david.buist@xtra.co.nz

An early response would be appreciated.

- **JUNE WALK – THURSDAY 20TH**

- **Christchurch South Community Garden**

Every Wednesday 1pm to 2pm, 188 Strickland Street, come along and lend a hand.

- **Archives**

We are now at the point of collecting photos from members, past members, honorary members and friends of Rotary for our archives.

Please contact Kim at tanner.kimberley@gmail.com if you have any photos from the year **2000 onwards** of **significant events**. We are hoping to have this project completed by the end of this year.

Duties

Duty	15-May-24	22-May-24	29-May-24
Cash Desk	A McCully	A McKinnon	H Garlick
Cash Desk	R Palmer	D Peterson	R Palmer
Reception	S Mackenzie	A Airay	R McKinney
Speaker's Host	D Buist	M Bruce	S Harris
Grace	D Buist	M Bruce	S Harris
International Toast	A McCully	A Airay	R McKinney
Thanks to Speaker	S Mackenzie	D Peterson	R Palmer
Quote for the Week	R Palmer	A McKinnon	H Garlick
Speaker Reporter	A McKinnon	S Harris	A Stewart
Sergeant	G Bailey	D Buist	G Dockrill

Leave

Who	From	To
M Whitehead	9/9/15	TBA
J Wylie		TBA
S Hays	11/8/20	TBA
E Bermingham	1/1/23	TBA
R McKinney	16/9/23	30/4/24
S McLean	20/3/24	1/5/24
L Brown	01/05/24	TBA

The link for the club web pages is: www.christchurchsouthrotary.org.nz

The link to club Facebook pages is: <https://www.facebook.com/ChristchurchSouthRotary/>

Reminders

APOLOGIES

- Record your apology at the Reception Desk at a prior meeting OR
- Email: chcsouthrotary@gmail.com before 11.00am on the Wednesday; you will get a reminder a couple of days before the meeting re apologising and to advise if bringing guests.
- Emergency apologies to Alan McKinnon (021 142 7668)

or Club Secretary Viv Ellis (027 490 3161)

DUTIES

If you are unable to carry out your allocated duty, it is YOUR responsibility to arrange a substitute.

LEAVE OF ABSENCE

Please advise all leave of absence (three or more weeks) to the Secretary by email or in writing