

AUTUMN

2019

LETTER



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Supporting Kidney Patients for over 37 years

NEWS

Kidney Support Network Inc would like to announce the passing of

Ray Petersen (Mackay)

Robert Simpson (Mackay)

Suzie Porter (Mackay)

All our heart felt condolences go out to all of those who lost their loved ones.



2019 AUTUMN

POSITIONS VACANT

KSN Committee is looking for a new Treasurer and Secretary to join our great team .

Please contact Bobbie Barker (Secretary) on 0447 049 782

PRESIDENT'S REPORT

Dear members,

The first quarter of 2019 has been a bit of a whirlwind and I thought it important that I share a few key items with you:

Strategy

We held a Strategy Workshop in Mackay for two days between 28th February and 1st March. The intent was to develop a high level ten year strategy along with more detailed one and three year business plans that will allow KSN to deliver on our strategy. The strategy is built around three key pillars of 'PROTECT', 'GROW' and 'NEW WAYS':

PROTECT

Ensure our current services remain sustainable over the long term

GROW

Expand our reach by providing current services to new locations

NEW WAYS

Find new ways to improve the lives of patients and carers impacted by kidney disease

I am extremely excited with the output of the strategy days as well as the detailed action plans that were developed. At all times I am committed to ensuring that any changes in our strategy are financially sustainable so our growth will need to be slow and steady.

We are hoping that we can improve the lives of renal patients in other area of Queensland, possibly the Redlands and Ipswich, by providing transport services to these new areas. The committee is also keen to: Rebuild CKSN, rebuild links with our wider support groups around Queensland as well as reaching out to other Not For Profit organisations and Health Providers to see how we can work collaboratively for the benefit of the wider renal community.

The Ten Year Strategy document is currently in draft but we will distribute it via email and the KSN website once finalised.

Treasurer

Adriana Hewett elected to resign from the committee as treasurer. Adriana joined KSN when it was haemorrhaging cash and she played a key role in bringing the organisation back to basics and stabilising the organisation. Her passion and drive was always evident and, though she will be a big loss to KSN, we wish her well in whatever she chooses to do with her 'spare' time in the future.

As a result of Adriana's resignation and the fact that Bobbie is stepping away from the Secretary's role before the next AGM to concentrate on her substantive role in Head Office, we are currently looking for two people to fill these important committee member roles. We will be advertising these roles internally and externally of KSN so if you know someone who is driven by improving the lives of renal patients and their families in Queensland then please contact myself or another committee member.

Our contact details are at the end of this newsletter.



Andy Bull

OPERATIONS MANAGER'S REPORT



I hope everyone has enjoyed the Easter holidays as I know our volunteers have enjoyed their break.

Overall KSN is growing steadily and I really appreciate how all our staff and volunteers have embraced the improvements we have made to our policies and procedures.

We have recently signed lease renewals for our Currimundi and Marian stores so we will be continuing in those locations for the next two years, I'm sure we will be ongoing with great success.

Mackay Branch was successful in obtaining a new computer for their office from Mackay City Council's Community Grants and KSN Sunshine Coast, Mackay, Sarina and Redcliffe were successful in the 2018 round of Volunteer Grants so we will be purchasing new equipment for the branches soon.

I would like to inform everyone that Adriana Hewett (Treasurer) has left KSN and we would like to wish her and her family all the best wishes for the future as she will be greatly missed.

Gail Taylor, our Northern Brisbane Branch Coordinator has taken on a coordination role for Children's KSN (CKSN) as part of her job and she will shortly go through an induction process with the Children's Hospital so that she can meet with the kids and their families. I think Gail will bring great joy to our CKSN families and prove to be a great ambassador for KSN. We have started fundraising for the CKSN annual Christmas event and if anyone would like to help in fundraising please contact Gail on 0417 056 255.

As I am working full time in the Mackay Office now, I would like to personally take the time to thank you Andrew and Graeme of Mackay Building supplies for donating much needed materials to help build my new office. Also appreciated our amazing volunteer Ray who spent a lot of time building our new room and being very patient as we changed our minds many times.

ESA International Alpha RHO Mackay Branch kindly presented KSN donation \$1000.00 on their annual change over dinner in April.

Big thankyou to our long term sponsors Neil and Lyn from Freemasons who kindly donated \$822.00 from the Drivers Reviver Stand recently.

I would like to say " **Thank you** " Trevor Porter (Mackay Transport Coordinator) for the great dedication you provide our clients and their families . There is a saying " We must find the time to stop and thank the people who make a difference in our lives " John F. Kennedy .

It's the end but the new start as well, in April we have said goodbye to one of our oldest vehicles which has been sold to a lovely lady who will continue to take care of it. The vehicle has served KSN well with over 250 000 kilometres on the clock.

Liza Williams

↓ Freemasons Neil & Lyn and Branch Coordinator Rebekka Murray



↘ ESA International Alpha RHO presented donation \$1,000. It is much appreciated!



BRANCH REPORTS



Our volunteers do a fantastic job and we couldn't function without them. Our hospital visitors team, led by Marg and John Matthews offer dialysis patients regular visits as well as hand and foot massages.

← Pauline Philpott enjoying a hand massage from volunteer Jenny Scott



← Bekk presenting some of Mackay's Op Shop volunteers with a 'Thank you' cake .

MACKAY

MACKAY DAILY MERCURY 'WOMEN'S WEEK'

Congratulations to our Operational Manager, Liza, who was nominated by Mackay District Freemasons for International women's week and subsequently featured in an article in the Mackay Daily Mercury about prominent local women who work with volunteer organizations.

Also congratulations to our Marian Op Shop team of volunteers who have come up with some new ways of generating income. They cut up unusable items into rags which are sold by the bag. These have proved to be a big hit with local businesses. They also donate broken/chipped crockery items to the local Day Care who use them to make mosaics.

A big thank you to all the volunteers at Mackay Op Shop who achieved record sales in March and did a big tidy-up of our stock room. A morning tea cake was a small reward for such a big effort.

This year we have done a cent sale in April and Easter raffles not just prizes for everyone, we had special prize for kids drawing prize as well, congratulations to the winners and big thank you to all that purchased raffles tickets and donation to support us.



Bekk Murray—Branch Coordinator, Mackay



← Scarlett won the children's drawing prize. Well done !



→ Jenny has won our Easter First Prize. Congratulation!



NORTHERN BRISBANE

We welcome Doug, Lillian, Marjorie and Lynne to our team of volunteers. All our volunteers work so hard and keep the shop looking great.

We put on Easter morning and afternoon teas for all the patients at Redcliffe, Northlakes public and private dialysis units. Our lovely volunteers prepared and served the food to the grateful patients. Each patient was given some hot cross buns to take home and enjoy.

We are in the process of providing DVD players, headphones, gel cushions, blood pressure monitors, beanies and gloves to patients across several of the dialysis units in North Brisbane. These are items that have been requested by patients and staff to make dialysis more comfortable.

We will soon be starting hand and foot massages at the Redcliffe Renal Unit and as more volunteers come onboard including Northlakes and Chermside units also. Again, this is all provided by volunteers who are invaluable to our organization.

I thought our members would like to see this photograph of the very first dialysis machine donated to Brisbane Royal Hospital in the 1970s.

Gail Taylor — Branch Coordinator, Northern Brisbane



One of our Redcliffe Op Shop display during Easter →



SUNSHINE COAST

Can we believe it is Autumn already?

The start of 2019 has been fantastic, both shops are doing well, and the transport is zooming along.

We have started the year with some new volunteers and drivers, which is great. We need a few more at Maroochydore. We need to increase our Sunshine Coast family.

To celebrate Kidney Week on the Sunshine Coast we had a lovely barbeque at the beach, with patients, carers, nurses, volunteers and sponsors all attending. We had a sausage sizzle, scones made by the lovely Dorothy, raffles and lots and lots of laughs. It was a special time for everyone to get together



On Saturday night 6th April we had one of our big fundraisers, 'True Blue' sponsored by the order of St. Johns of Jerusalem. They have chosen Kidney Support Network, Sunshine Coast to be the charity they will support this year. What an amazing night, raising lots of funds for Sunshine Coast transport.

A special thank you to all who attended, and to the lovely ladies who organised it all. Some of our lovely volunteers who attended the night.

Kathy Rayner, Branch Coordinator, Sunshine Coast

← Jeff, Jackie, Kathy (Branch Coordinator), Kristen, Natalie and Peter

SUPPORT GROUP REPORTS



Mackay

Meet Jenny and Marg, they are a part of our wonderful support group in Mackay.

They regularly visit patients in the Mackay Base Hospital Renal Unit and the Nelson Street Renal Home Therapies Unit. They are just two of many people who are committed to supporting not only our patients but also their families.

Our support group volunteers are there to offer support to the patients by having a friendly chat or giving the patients hand and foot massages.

Our wonderful support group meets every second month for a morning tea or lunch which allow patients to meet while families can have a chat and offer each other advice or just simply have a laugh. Keep up the amazing work Mackay Support Group, you're amazing.



↑ Members attending to our Easter Lunch at Harrup Park Club, Mackay



↗ Jenny and Marg giving the patient hand and foot massages.

Gladstone

Gladstone Support Group (GSG) continues to have a dedicated band of volunteers who raise funds to help renal patients. Recently Liza (Operations Manager) and Bobbie (HO) visited the renal unit with Pat and Graham of GSG to meet with patients and staff to discuss how we can best help them with donations of resources and equipment.

In the afternoon Liza and Bobbie attended GSG's regular meeting, we would like to say thank you for the support group in Gladstone which is always on the move. In the way of fundraising and we are always looking for more active volunteers to help and we need volunteers for hand foot massage program and hospital visiting as well .



↗ Herb, St Piene, Graham, Howard, Pat (sitting) Helen & Roberts



↑ Gladstone support group fundraising in May, thanks for doing great!



→ Susan, Liza, Jenny, Bobbie, Graham and Pat (GSG) visiting Gladstone

Renal Unit April 2019

Redcliffe and Northern Districts



Our Easter Raffle raised more than \$400. The lucky 1st prize winner Veronica from Clontarf who was delighted to win the 4-burner stainless steel BBQ. 2nd & 3rd prizes were lovely handmade quilts and 4th prize was a toiletries hamper.

Gail Taylor

KIDNEY SUPPORT NETWORK CONTACTS



KSN Head Office – Free call 1800 358 797

Postal: PO Box 457 Redcliffe Qld 4020

Email: information@ksn.org.au

State Operations Manager – Liza Williams

M: 0428 877 028

BRANCHES-

Mackay Office

5/235 Shakespeare Street Mackay 4740

Branch Coordinator Rebekka Murray M: 0423 964 397

Transport Coordinator Trevor Porter M: 0428 791 747

Mackay Op Shop— 1/235 Shakespeare Street Mackay 4740

M: 0477 169 148

Sarina Op Shop— 24 Central Street Sarina 4737

PH: 07 4956 1175

Marian Op Shop— 3/20 Daly Street Marian 4753

M: 0438 268 419

Northern Brisbane

124 Sutton Street Redcliffe 4020

Branch Coordinator— Gail Taylor — M: 0417 056 255

Redcliffe Op Shop — Sharon Jones— PH: 07 3883 2353

Sunshine Coast

1/1 Gannawarra Street Currimundi 4551

Branch Coordinator Kathy Rayner M: 0410 755 476

Transport Coordinator Mick Foody M: 0410 749 074

Currimundi Op Shop — 1/1 Gannawarra Street

Currimundi 4551 PH: 07 5314 2013

Maroochydore Op Shop — 2/44 Aerodrome Road

Maroochydore 4558 PH: 07 5443 3553

SUPPORT GROUPS

Mackay –

Marg and John Matthews – M: 0417 712 380

Redcliffe and Northern Districts –

Gail Taylor – M: 0417 056 255

Rockhampton / Gladstone –

Katrina Duff – PH: 4920 7928

Sunshine Coast—

Kathy Rayner – M: 0410 755 476

Townsville—

Darryl Coyne – M: 0408 755 221

Thank You!



Recently supported KSN with donations

CHILDREN'S KSN— North Leagues Club, Kallangur

NORTHERN BRISBANE— Redcliffe RSL

MACKAY

Alcorn's Bakery - Sarina

Goodes Butchery - Sarina / Leonie

Mackay Building Supplies / Sarina Vouchers

Sarina Leagues Club / Sarina Pie Shop

Sarina News Agents / Sarina Pets and Produce

Terry White Chemist - Sarina

Third Ground Coffee - Sarina



CORRECTION

In our last newsletter we incorrectly stated that our Children's Xmas party 2018, was held at Redcliffe RSL instead of North Leagues Club, Kallangur.

We apologise for this error and would like to thank North Leagues Club for the wonderful support shown to our Kidney Kids and their families.

