



# 2019

## Annual Review

**A healthy kidney future  
for all Australians.**

Prevention. Detection.  
Support. Research.

# Overview

## A unifying force for better kidney health

As the peak body for kidney health in Australia, we are united in our vision to help every Australian enjoy good kidney health for their lifetime.

For over 50 years we have been working with communities around Australia to increase their awareness of kidney disease and better manage their kidney health. We have also worked tirelessly to help primary care health professionals to improve their ability to detect kidney disease earlier.

We provide vital resources and services to people at risk of, or affected by, kidney disease and other kidney conditions. We help people understand and manage their diagnosis, and improve their quality of life. And we continue to build a strong and connected kidney community who can draw strength from each other to manage the challenges of a lifelong chronic condition.

As part of a dedicated clinical and research community, we continue to foster advocacy and research to drive improvements in the diagnosis, management and eventual cure of kidney disease.

We are committed to being the lifeline for our kidney community whenever they need us. And with 1.5 million Australians living with the early signs of kidney disease without realising it, we still have challenges ahead to achieve our vision. However, with the ongoing support of our generous donor community, passionate consumer advocates and clinical stakeholders, we can steer them on a path to better kidney health.

## Our Work

We are focused on delivering in four key areas:

- To implement powerful and effective **prevention** programs targeting major kidney disease risk factors
- To promote awareness of kidney disease and drive community participation in early **detection** of kidney disease, particularly in high risk groups
- To deliver effective **support** programs for those with kidney disease
- To mobilise **research** into the detection, prevention, treatment and cure of kidney disease.

## Story of Eli's Journey

Three years ago, six-year-old Eli and his mum Thelma were told the shocking news that he only had 10% kidney function left. Although Eli had experienced no symptoms, he already had end stage kidney disease. That one day changed their lives forever. Eli had life-saving dialysis six nights a week until the day he received his kidney transplant. With our help, he and his family stayed at our Transplant House for a month and he also bonded with other kids at the Kidney Kid's Camp. Today, Eli is much like the healthy and happy boy he was before his illness.



## Our Community

People living with Kidney Disease

Volunteers

Health Professionals

Ambassadors

Families and Carers

Donors

Advisory Groups

Staff and Consumer Groups

## Key Challenges

*The cost of chronic kidney disease to the community*

**63**

people approximately die every day with kidney related disease

**1 in 10**

Australians have signs of kidney disease

**1.5M+**

have no idea they have kidney disease

Contributes to around 17,500 deaths a year, more than breast cancer, prostate cancer and road deaths

Takes a devastating toll on Aboriginal and Torres Strait Islander communities

Costs the economy more than \$5 billion a year and currently no cure for kidney disease

## Key Impacts

*How we are addressing the challenges*

**13%**

increase in online engagement around kidney disease and health messages

**26%**

increase in website visits to access vital resources

**44 million+**

media engagement touchpoints for our awareness messages

**10K+**

online tests were completed for kidney disease risk



We continued to provide valued essential education to healthcare professionals

**35K+**

health professional resources distributed



**90%+**

positive rating of training provided to healthcare professionals

**113**

training sessions run with 2900 healthcare professionals attending

**14K+**

healthcare professionals engaged with our online learning

**60**

healthcare professionals engaged through Ambassador program



We continued to drive more financial and in-kind support to benefit our community

**\$8.6M**

raised to help drive our community support programs and research

**\$225K**

in research grants awarded to support improvements in kidney disease care

We continued to provide support when it was needed most

**2000+**

kidney health enquiries resolved

**40 regional**

families provided with free accommodation

We continued to give a dose of freedom from the confines of treatment

**224**

dialysis patients enjoying precious holidays with loved ones

Helping children and young people to develop strong support networks

## A Message From

The Chair

“A stronger plan to combat Kidney disease”

Professor Carol Pollock, Chair

**C**hronic kidney disease is a deadly, lifelong disease that is still impacting too many Australians and their families. Despite 1.7 million Australians being affected and about 63 people dying every day with kidney related disease, it continues to strike people unawares. It is also significantly under-funded compared to other chronic diseases.

We entered 2019 determined to change the status quo. We came armed with a strategic document that brought together the views of the clinical and research community, and kidney patients their families and carers. Under the leadership of Kidney Health Australia, the National Strategic Action Plan for Kidney Disease was submitted in June 2019. It is the first coordinated Federal Government strategy to combat kidney disease.

The Action Plan sets out a coordinated plan for addressing the major priority areas to combat kidney disease – prevention and early detection, optimal care and support, and research and data. Importantly, it recognises the urgent need to move beyond disease “silos” to tackle prevention of chronic conditions in an integrated and long-term way. It also highlights the ongoing and unacceptable disparity in the health and welfare of Aboriginal and Torres Strait

Islander people, for whom kidney disease remains a leading cause of death and disability.

On behalf of the Board, I would like to thank all of those involved in making the Action Plan possible. In particular, I'd like to acknowledge our expert Advisory Group and National Kidney Consumer Council, and for the comments and contribution from our kidney community including people living with kidney disease, their families and carers, healthcare professionals, researchers, and government and non-government organisations.

This year was a challenging time for Kidney Health Australia. Under the leadership of Chris and his management team, some difficult but necessary decisions were made to ensure the organisation is well-equipped to serve the kidney community into the future.

The Board and management team are working together to ensure that Kidney Health Australia continues to support people at each stage of their kidney disease journey. From early detection to diagnosis and making the right choices on treatment, we will ensure people are equipped with the resources and support to ensure their life with kidney disease is managed as well as possible.

**Professor Carol Pollock** Chair  
MB, BS, PhD, FRACP, FFAHMS

I would like to thank my co-directors for their ongoing efforts and generous support to achieve our vision of better kidney health for our community. I would like to particularly acknowledge the fantastic efforts of our Deputy Chair, Sally Farrier, who departs this year after serving the Board since June 2017.

Finally, thanks to our staff, volunteers and supporters for their continued dedication to bringing together our kidney community and helping them to live their best possible life with kidney disease.

With the launch of the National Strategic Plan in 2020 and more focused support for the kidney community at each stage of their kidney disease journey, it's an exciting chapter for Kidney Health Australia. The Board is looking forward to working alongside Chris and the rest of the team to deliver these outcomes.

Our patients need Kidney Health Australia to remain a vibrant organisation, responsive to patient needs. We aim to deliver on the needs of people affected by kidney disease and look forward to doing so with your support into the future.

## A Message From

The CEO

“Reshaping for a stronger future”

Chris Forbes, CEO

In the 18 months since I became Chief Executive Officer of Kidney Health Australia, a great many things have changed. We have made some great strides forward and are excited to announce an array of new developments on the horizon.

In 2019, we turned our critical lens to the internal workings of the entire organisation, from our clinical services through to our outreach programs. The Board and Leadership team reviewed the current situation across every one of our programs and services. In doing so, our goal was to determine what was working and to reshape our approach to ensure we can continue to thrive and serve the kidney community well into the future.

Our purpose became more focused on decreasing the incidence of kidney disease in all Australians, and saving and improving the lives of those already affected. Too many families have told me of the devastating impacts a late stage diagnosis has had on their lives and that of their families. It's a life sentence that could be avoided if the disease is caught early enough. This was validated by the National Strategic Action Plan for Kidney Disease, which has clearly articulated these two areas of need, as well as greater emphasis on research. I want to take this opportunity

to thank all those members of the kidney community who collaborated to develop this comprehensive plan.

As well as delivering the National Strategic Action Plan on behalf of the Department of Health, we continued our leadership in advocacy through other comprehensive consultative programs. We held consultations as part of the Kidney Health Australia Yarning Kidneys Program to inform upcoming clinical guidelines for the management of kidney disease in Aboriginal and Torres Strait Islander people. We also ran numerous consultations with young people, clinical stakeholders and others to develop a Kidney Health Australia Youth Program to inform future services for young people living with kidney disease.

In 2019, we undertook unprecedented community and professional stakeholder engagement through roundtables, surveys, and face-to-face consultations. This will continue to inform Kidney Health Australia, government at all levels and the clinical community about priority areas of need and action.

To ensure we are well-equipped to continue delivering a high level of advocacy, support and research activities, we reviewed our funding and income streams to ensure a sustainable future for the organisation. We ended our over-dependence on a limited number of income streams, one of which was the lotteries program and refocused our energies on other sources

of income support that would suit our giving community, including introducing an individual giving program and community challenge events.

Our changes as an organisation are more than skin deep. We have looked at the core values we need to operate by to create a connected community and an agile, responsive workforce delivering value. We identified four key values that support the task ahead – collaboration, ambition, empathy and inspiration. This transformation won't happen overnight, but we know it will come.

As we go to print, Covid-19 is having a significant impact on our kidney community and the kidney health of those affected by the virus. While some of our plans for 2020 have been refocused to be a central source of information and support for the kidney community during the pandemic, we remain focused on our key plans around early detection, ongoing clinical education to health professionals, and supporting research to achieve our vision of lifelong kidney health for all Australians.

**Chris Forbes**  
Chief Executive Officer



A/Prof. Shilpa Jesudason, Clinical Director

In 2019, we continued to work widely with many health professional and research groups towards our common goal: achieving better outcomes for our patients, their families and the Australian community. We delivered high quality advocacy work through the National Strategic Action Plan for Kidney Disease, the Yarnings consultations to inform clinical guidelines for Aboriginal and Torres Strait Islander communities, and the Kidney Youth program.

We also worked closely with the International Society of Nephrology ahead of their World Congress of Nephrology held in Melbourne in April 2019. Over 3,000 kidney professionals from around the globe convened to share scientific knowledge and advances in care. Kidney Health Australia had two stands at the World Congress and took over Queensbridge Square to help raise public awareness of kidney disease.

The WCN was also notable for strong consumer involvement, from film awards to patient speakers. We were proud to partner again with the BEAT-CKD Research Collaboration. This partnership allowed us to hold a workshop for patients at the WCN, along with talks and panel discussions live-streamed and hosted on the BEAT-CKD YouTube channel.



On a personal note, I was honoured to speak on behalf of Kidney Health Australia at the WCN Global Policy Forum to highlight the important role of non-government organisations in tackling the global fight against kidney disease.

We also continued our financial support of two important pillars in kidney disease research and best practice – the Australian and New Zealand Dialysis and Transplant Registry (ANZDATA) and the Kidney Health Australia Caring for Australasians with Renal Impairment Guidelines group (KHA-CARI). Both organisations in 2019 produced excellent consumer-level material about kidney disease data and evidence-based care. They also prioritised embedding patient and caregivers into their core structures and priority-setting activities.

We continued to build our connections with many peak professional bodies around the country. We solidified

**A/Prof. Shilpa Jesudason,**  
Clinical Director  
MBBS, FRACP, PhD

Board  
Members



(L to R: Rhonda Renwick, Sally Farrier, Peter Haddad, Carol Pollock, Mono Ray, David Morgan and PJ Hartshorne. Absent from photo: David Parker)

**Prof Carol Pollock**

Chair  
MB, BS, PhD, FRACP, FAAHMS

Carol is an academic nephrologist and author of over 350 publications relevant to kidney disease and its treatment. She is an inaugural Fellow of the Australian Academy of Health and Medical Sciences (2015) and recognised as a 'Distinguished Professor' by the University of Sydney (2012). In 2014 she was the recipient of the Ministerial Award for Excellence in Cardiovascular Research. She was Scientific Chairman of the 2013 World Congress of Nephrology and is the current Chair of the NSW Bureau of Health Information. She is also Chair of the NSW Cardiovascular Research Network, Deputy Chair of the Australian Organ Tissue and Transplant Authority, Director of Certa Therapeutics and a member of Council of NHMRC. Carol was appointed to the Board of Kidney Health Australia in 2014 and appointed Chair in 2017.

**Sally Farrier**

Deputy Chair  
BE (Hons), MBA, GradDipAppFin, MAICD

Sally is a professional non-executive director with extensive experience serving on private, public and government boards. For much of her career she's worked in and alongside the utility, infrastructure, transport and consulting sectors, and as part of governments, regulatory institutions and commercial businesses. She has specialist skills in policy, governance, strategy and risk management. She's served as a National Water Commissioner, a member of the Victorian Water Trust Advisory Council and numerous planning and regulatory bodies. Her previous directorships include Meridian Energy Limited, Manidis Roberts Pty Limited, Hydro Tasmania and Western Power, Pty Ltd. Sally was appointed Deputy Chair of Kidney Health Australia in 2017.

**Peter Haddad, AO**

Board Member  
MSC, BEC

Major General (Rtd) Peter Haddad retired as a logistics officer in the Australian Army in 2005 after 38 years of service. Before retiring, General Haddad held policy and management positions at Defence Headquarters in Canberra and commanded Support Command, where he was responsible for the complete logistic support to all Army, Navy and Air Force units. After retiring, Peter became principal of a consultancy company specialising in defence industry, logistics and supply chain management. Peter is currently the Strategic Advisor to the Victorian Defence Alliances and is an Adjunct Professor at the Royal Melbourne Institute of Technology University. Peter was appointed to the Board of Kidney Health Australia in 2017.

**David Parker, AM**

Board Member  
B.Ec (Hons), LL.B (Hons)

David has extensive experience in economics and public administration with a long professional involvement in policy and regulatory matters across a range of sectors. He was a Deputy Secretary in the Commonwealth Government's Department of Agriculture and Water Resources and in the Department of Environment and the Commonwealth Treasury. Over his 25 years of service at Treasury, David worked on financial sector liberalisation, tax reform, macroeconomic forecasting and policy, competition policy, energy policy and international economic issues. David is the current Chairman and CEO of the Australian Clean Energy Regulator and was made a Member of the Order of Australia in 2012. He was appointed to the Board of Kidney Health Australia in 2010, having previously chaired Kidney Health Australia's National Consumer Council.

**Rhonda Renwick**

Board Member  
GradD BA, Bachelor of Sciences PSY, MAICD

Rhonda is a transport industry proprietor, organisational psychologist, educator and mother of three. In 2008 she became the sole director of Latrobe Valley Bus Lines with depots in Morwell, Traralgon and Moe. With her extensive expertise in Indigenous health and community-based enterprises, Rhonda founded Kindred Spirits Foundation (KSF), a philanthropic trust with a vision to harness relationships as a vehicle for change. The foundation supports individuals and their communities to make and sustain the connections they need to recognise challenges and create long-term solutions. Kindred Spirits Foundation has been a driving factor in community projects such as the Big Red Kidney Bus initiative. Rhonda was appointed to the Kidney Health Australia Board in 2017.

**PJ (Peter Jon) Hartshorne**

Board Member  
Bsc Civ. Eng, MBA

PJ was appointed to the Kidney Health Australia Board in May 2008 and has also served as Chair of the Finance Committee from 2017 until 2019. He is also a member of the Renueration and Succession Planning Committee. After spending six valuable years with McKinsey and Co, he established the Infinity Group back in 1994. He went on to consult for numerous top 100 companies in the areas of Strategy, Technology, and especially the CRM domain. PJ is still the Managing Partner of Infinity, a privately held professional services firm operating in Australia, India and the United Kingdom. He is also Chairman of Melbourne's pre-eminent Ice Hockey team, The Melbourne Ice Limited, and now also the incoming Chair of Softball Australia.

## Board

### Members (Continued)

#### David Morgan

Board Member

BA (Hons), M. Int. Law

David retired from the Department of Foreign Affairs and Trade in 2014 having served overseas as a diplomat and representative of Australia in international trade and environment organisations. His policy experience includes helping to develop Australia's gene technology regime and other health and safety issues. From 2004 to 2009 he was a Visiting Fellow at the University of Melbourne. David is the Chair of the Emorgo Foundation, a Director of the Victorian Bridge Association and a Councillor of the Australian Bridge Foundation. He received a kidney from his father in 1989. David was appointed to the Kidney Health Australia Board in 2014 and served as Chair from March 2016 to December 2017.

#### Monojit (Mono) Ray

Board Member

BSc, LL.B, LL.M, Grad Dip Legal Practice, GD Enterprise Management, Solicitor of the High Court of Australia and the NSW Supreme Court

Mono has held numerous leadership and non-executive roles throughout his career. He is the Managing Director and co-founder of Connect Alex, a business that builds and defends profitable market share for companies by creating highly personal relationships through smartphones. He was a senior partner at PwC and has served on a number of industry bodies. Mono has also worked closely with State and Federal regulators to design policy and legislation. Mono brings organisational leadership, business innovation, strategic management and communication expertise to the Board, along with professional and financial services experience at Board, Senior Executive and Ministerial levels. Mono was appointed to the Kidney Health Australia Board and the Finance, Audit and Risk Committee in 2017.

### Story 50th Kidneyversary

In June 2019, Glenis and her family celebrated 50 years since her successful kidney transplant on 1 July 1968. Glenis was 33 when she was formally diagnosed with nephritis.

Seriously ill and given just nine months to live, she was just five months on the wait list when she received the life-changing news that she would undergo a kidney transplant. Glenis has always regarded her transplant as a special gift that required all her care and attention, keeping herself healthy and well, for herself and her growing family.

"Right at the very beginning, I thought if I ever got a kidney transplant I'd look after it, and I've kept to my promise," Glenis said. "I can't believe I keep achieving these milestones and I don't think my family can either, but they are very happy and supportive." Glenis's granddaughter even donated to Kidney Health Australia in lieu of giving wedding favours to guests at her wedding earlier in the year. Glenis's husband Bill is particularly pleased that Glenis has been able to enjoy a long and happy family life with their three daughters, six grandchildren and seven great grandchildren.

"He's as happy as Larry, you'd think it was his (kidney)," Glenis said. Glenis's doctor, Dr Helen Rhodes said Glenis's anniversary was a remarkable achievement that had enabled her to live a full life. "Glenis is very lucky to have received such a wonderful gift, that she has treasured and looked after for 50 years," says Dr Rhodes.



## Awareness & Education

Kidney disease can be a silent killer.

That is why we are committing more resources and our collective expertise to world-class public education and early detection programs.

### Helping the community manage their kidney health

#### Our Impact



47K+

educational resources distributed



13%

growth in our online community



26%

increase in website visits to access vital resources

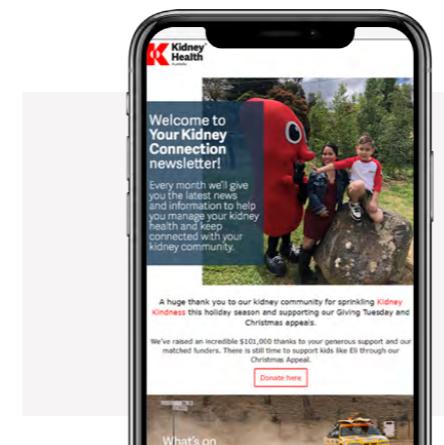
Through our fact sheets, books and videos we cover a range of topics, including:

- Keeping your kidneys healthy
- Diet and lifestyle
- Understanding the risks and steps for checking for kidney disease
- Guidance on treatment options when diagnosed with a kidney condition
- Living your best quality of life with kidney disease with the help of our support programs.

We are working closely with individual health care professionals and organisations to ensure our resources are engaging, factual and forward focused. This year we collaborated with numerous experts to create new fact sheets on chronic kidney disease, diabetes and cardiovascular disease and develop video resources for the digital information age.

Our clinicians and researchers are continuing to look for more innovative and targeted ways to ensure life-saving information is available for those who need it. We are analysing our current resources and creating more to meet increasing demand. With better access to data, we can continue to create life-changing resources that answer questions around kidney disease and provide comfort for those seeking treatment options or support.

In 2020 we will be launching a more confronting awareness campaign on the realities of life with kidney disease. Our goal with this campaign is to urge the 1.5 million Australians unaware they are living with the signs of kidney disease to check their risk and seek a kidney health check. With evidence that early detection of kidney disease can halt or minimise progression of the disease, public education in 2020 and beyond will be primarily focused on promoting early detection of the disease.



Growth in online reach and engagement across social media channels and website

7 million+ reached

13% growth in online followers (29,640)

26% increase in web traffic to access vital resources (562,000 visits compared to 416,000 in 2018)

1.4 million+ unique page views (263,900 more than 2018)

## Driving best practice

kidney disease management

### Our Impact



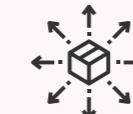
**2900**

healthcare professionals attended training sessions to better equip them to diagnose and treat kidney disease patients



**30%**

more healthcare professionals attended training than in 2018



**35K+**

resources distributed to aid professional development



**>90%**

of healthcare professionals said their learning needs were entirely met and content was relevant to their practice

For nearly 20 years our primary care education program has provided healthcare professionals with the tools and resources they need to excel in their roles. Our training sessions and resources help drive the implementation of early detection and inform best practice in the management of chronic kidney disease.

Our primary care education program is an integrated effort across workshops, online learning, clinical conference appearances and education materials. The program helps healthcare professionals develop and hone their detection and treatment knowledge of kidney diseases and related chronic conditions. This year saw an increased demand for our services, with over 33,000 nurses, general practitioners and other healthcare professionals participating in our workshops, Ambassador Program and attending kidney disease focused clinical conferences. Meanwhile, we saw a continuing demand for our resources with over 35,000 resources distributed to healthcare professionals around Australia.

All of our primary care educational materials are developed in consultation with the Primary Care Education Advisory Committee for Kidney Health Australia (PEAK), chaired by Professor David Johnson, along with other external healthcare experts in the field. Kidney Health Australia is committed to creating and distributing

world-class resources that will positively impact our early detection work and further encourage best practice care throughout the healthcare community. We are looking ahead to finalise and launch pivotal resources, deliver more informative training via face-to-face, online and webinars, and provide the best possible network to increase awareness amongst healthcare providers of the dangers posed by kidney disease.

Thanks to our generous healthcare professional supporters who volunteered their time to help us deliver our primary care education sessions. We received over \$267K of in-kind support generated through healthcare professional volunteer hours, compared to \$259K in 2018.

We continued to deliver our Ambassador Program to drive excellence in best practice detection and management of chronic kidney disease within primary care clinics. In 2019, 35 clinics were enrolled in the program with over 60 healthcare professionals participating. The program takes participants through a quality improvement activity over a 12-month period with Kidney Health Australia endorsing participants as CKD Ambassadors upon program completion.

We also continued to drive our educational support by holding chronic kidney disease sessions and modules at health professional conferences around the country. These included the Royal Australian College of General Practitioners (RACGP) national conference, the Renal Society of Australasia (RSA) conference, the World Congress of Nephrology and the Australian Health Care Nurses Association (APNA) conference.

**Participating in the CKD Ambassador program was rewarding for both practitioners and patients. We were able to identify and engage a number of at-risk people to offer appropriate screening and treatment. This is sure to make a big difference in short and long-term outcomes!**

Dr Chris Stelmaschuk



## Improving Quality of Life

We are focused on improving the quality of life for all those experiencing the challenges of kidney disease.



### Our Impact



**2081**

people received support for their kidney health concerns



**3K+**

support resources provided

### Most popular enquiries for 2019:

Chronic kidney disease

Diet and nutrition

Haemodialysis

Organ donation

Kidney Health Australia Resources

Call: 1800 454 363 or  
Email: [Kidney.Helpline@kidney.org.au](mailto:Kidney.Helpline@kidney.org.au)



Christine Hygonet

Amanda Aylward

## Kidney Transplant House

Kidney disease doesn't only affect those with the illness – it also impacts their family and friends. Through the Kidney Transplant House program, we're able to help ease some of the financial and emotional burden many families experience in the face of kidney disease. The Kidney Transplant Houses allow families to stay together while their loved one is receiving life-saving treatment.

For those rural and remote transplant patients, a place in the Melbourne, Adelaide or Perth Kidney Transplant House can be life-changing. Through the

program, we're able to assist rural and remote transplant patients living more than 100km from their nearest treating hospital to receive treatment and remain together in comfort.

We are constantly working to increase the available occupancy of all houses across our program, which were occupied for an average of 215 days each over the year. Thanks to the ongoing support of the Emorgo Foundation, we are able to continue developing this program and assisting more families through the hardest times with kidney disease.



### Our Impact

The financial and emotional burden eased for 40 regional families undergoing life-saving treatment.



## Big Red Kidney Bus

### Our Impact



**224**

dialysis patients enjoyed precious time away with loved ones

The Big Red Kidney Bus is a vital service for our kidney health community. It enables people on life-saving dialysis to leave the confines of their home to travel and enjoy precious holidays away with loved ones. In 2019, the Big Red Kidney Buses travelled to 13 idyllic locations in NSW and Victoria, with 224 people with kidney disease booking out 1,100 dialysis sessions on the buses. The mobile dialysis service is staffed by experienced nurses from Monash Health and Royal North Shore Hospital.

In 2020, we are planning to increase our range by travelling to 15 locations across Victoria and New South Wales, and potentially a short stint in Tasmania, providing new opportunities for patients to expand their horizons even more. Thanks to the understanding and

generosity of holiday parks throughout the two states, we were able to have the Bus on-site, much to the delight of our patients and their families.

We couldn't continue to provide this service without the support and clinical care of our partners Monash Health and Royal North Shore Hospital. We're also grateful for the support from the Rotary Club of Croydon, Bus Association Victoria, the Dyson Group, and the Toronto and Robina Lions Clubs.

To book your place on the Big Red Kidney Bus, visit [www.kidney.org.au/bus](http://www.kidney.org.au/bus)

Your donation helps keep the bus available to those in need.

Make a life-saving donation at: [www.kidney.org.au/donate](http://www.kidney.org.au/donate)

## KHA-CARI Indigenous Guidelines

### Our Impact

Working towards best practice guidelines for Indigenous kidney care



My Kidney Journey by Inawintji Williamson, SA Aboriginal Reference Group member

Since 1999, Kidney Health Australia and the Australian New Zealand Society of Nephrology (ANZSN) have partnered to fund The Kidney Health Australia-Caring for Australasians with Renal Impairment guidelines group (KHA-CARI). This partnership aims to produce evidence-based clinical practice guidelines for the management of chronic kidney disease in Australia and New Zealand.

In 2017, the Federal Government commissioned Kidney Health Australia to conduct community consultations for the guidelines to improve Indigenous kidney health. We've set ourselves an ambitious target when it comes to this important mission, specifically around the ongoing management of the disease within the community. We need relevant guidelines and an update-to-date framework to continually improve health outcomes for these communities.

In 2019, we conducted community consultations around Australia including Ceduna (SA), Adelaide (SA), Port Augusta (SA), Perth (WA), Broome (WA), Kalgoorlie (WA) and Cairns (QLD). Further community consultations will be carried out in other sites in 2020. These consultations ensure the Indigenous community voice is central to kidney disease care guidelines. We also delivered an Expert Clinician Panel Consultation Report which gave recommendations regarding the scope, content and usefulness of the new Indigenous guidelines.

These inaugural KHA-CARI guidelines will help to continually improve Aboriginal and Torres Strait Islander people's healthcare outcomes. We thank the KHA Indigenous Advisory Group for their contribution to this program of work.

## Story of Nari

Nari, a Ngarrindjeri and Yorta Yorta woman, is on dialysis three times a week. She has lost her mother, brother and sister to kidney disease. "When I started my kidney journey, I had the support of my mother, brother and sister, who were on dialysis," Nari said.

Nari attended the Adelaide session with her dad and aunt. She found the consultations useful because she and her family could hear about the different ways people get started on dialysis, and how they are treated by nurses and doctors.

"As a member of the reference group, I can help my people who have kidney problems or are starting dialysis."

When asked what she would say to others about the consultations, Nari said: "I would invite them to come to the next one, especially families of people who don't know what dialysis patients go through."



## Kids & Youth

### Program

Kidney disease can affect anyone, no matter their age or background. For children and young people suffering from kidney disease, it can be an especially difficult and challenging experience.

Through our Kids and Youth programs, we aim to provide opportunities for young people to connect with others like them, build strong support networks, and develop the confidence and capabilities to manage their condition as independent adults.



## Kidney Youth

### Program

Over 500 young people between the ages of 15-24 in Australia live daily with end stage kidney disease. They face unique challenges due to their age and the impacts of chronic illness on their life and development.

These include disruption to growth, education, social development and life participation – all of which are exacerbated when they transfer to adult healthcare.

As a result, the kidney youth community face profound impacts on their mental health and wellbeing. This further compounds their physical health, creating poorer medical outcomes and results in massive costs to their quality of life and healthcare. For example, they experience the least favourable kidney transplant outcomes of any age group under 70 – around a third of their kidney transplants fail within five years.

Thanks to a Federal Government grant in 2018, and the valuable contribution of a Clinical Advisory Group (acknowledgements at back of report) established for the purpose, we launched a consultative process in 2018 and 2019. The goal was to plan programs and resources that would ensure the transition from paediatric to adult healthcare is an easier one.

We conducted dozens of surveys, consultations and focus groups to determine what kidney youth and their carers want most from our programs. The result was a State of the Nation Report, to be launched in 2020, which can be used to inform the development of support programs and resources to help young people maintain their independence and pursue study and employment opportunities.

This valuable process has already helped to identify gaps in clinical care, establish peer-led support groups and develop more targeted youth resources and services. The Kidney Youth Program will continue throughout 2020, alongside and in support of Kidney Health Australia's Kidney Kid's Program.

Helping children and young people to develop strong support networks

**“When I was diagnosed with end stage kidney disease at 23-years-old, I couldn't imagine leading a normal life... Since working on the KHA Youth Program, I've met inspiring people who have it worse and manage to be happier and more active than I am. They set an example that helps me think positively, work on accepting the hand I've been dealt, and focus on how I can use my experience to help others. Every young person living with kidney disease deserves that experience. Everyone deserves hope.”**

**Luke Macauley,**  
Kidney Health Australia  
Youth Program Patient Partner

## Kidney

### Kids Camp

Since 1995, the Kidney Kids Camp has brightened the lives of children aged 8 to 17 who are affected by chronic kidney disease. The four-day program is an opportunity for children with kidney disease and their siblings to connect and learn from others going through a similar experience. It's also an ideal space to enjoy fun-filled days making new friends and developing peer networks to last a lifetime.

In 2019, over 100 children took part in the Kids Camp on the Victorian Mornington Peninsula. Led by 80 volunteers, supervisors, healthcare professionals and Kidney Health Australia staff, the program is a medically safe and supportive space for kids to be kids and enjoy a range of team building and personal development activities. The program also gives parents the joy of knowing their children are enjoying themselves outside the strictures of their illness.

**“It was important to us that Ezekiel attended for his own personal growth as he hasn't had the opportunity to ever go anywhere without us. It was a big step for him.”**

**Kids Camp Parent**



Kidney Health Australia Ambassador and former Australian cricketer, David Hussey and Alistair Burge from Cricket Victoria support the kids at camp



# Connecting Our Community

We connect our kidney community with the information, support and guidance they need to live healthier and more fulfilled lives.

## Our Consumer & Volunteer Network

Kidney Health Australia works closely with its National Kidney Consumer Council to better understand and connect with the issues affecting people living with kidney disease in each state.

The Council meets every three months and is chaired by Paolo Cardelli – a kidney transplant recipient – who along with other members, generously devotes his time and energy to campaigning to address the needs of the kidney community.



In 2019, the Council made progress to solidify its purpose to provide more meaningful support to the community. It also strengthened its position to provide invaluable input into the National Strategic Action Plan and other Kidney Health Australia activities. Several members also sit on individual committees in their respective states.

Kidney Health Australia also continued to support the operation of its 32 kidney clubs throughout Australia. These clubs are relied upon heavily in the kidney community, especially to provide peer support opportunities for people living with kidney disease. There is an ongoing challenge for these groups to continue to thrive when many members experience ongoing ill health. We are looking at more innovative ways to keep our community connected in 2020 and beyond. A formal volunteering program is also being developed to connect our volunteers with our work in a more meaningful way.



CEO Chris Forbes and KHA Ambassador, David Hussey at the Melbourne Big Red Kidney Walk



## Big Red Kidney Walk

### Our Impact

**2700+**

of the kidney community came together to raise the flag for kidney disease

**\$334K**

raised to support our work



**“**My brother Josh has had aggressive Lupus since he was 17 (he is now 30). In 2015 it took a turn for the worse which saw him in hospital for three months with over 10 ICU admissions and several doctors saying he would not survive. But survive he did and after three years of being in and out of the hospital, he was left with his life, missing a few organs and on dialysis.

I'm his carer and his sister but most of all, I'm his best friend. I hope to be his living donor so my heart doesn't break from losing him and I can keep on laughing. Raising money for Kidney Health Australia is incredibly important as it allows them to do what they do best...help more people like my brother. **”**

**Sarah Payne,**  
Highest Individual Fundraiser,  
2019 Big Red Kidney Walk

Kidney Walks in the capital cities with attendees enjoying activities for the kids, live music and entertainment, as well as prizes for top fundraisers and best dressed. Regional Community Walks were also organised by local volunteers and community groups in Goulburn, Gympie, Ipswich, Mount Isa, The Southern Highlands, Mount Gambier, Townsville, Shepparton, Gold Coast, Sunshine Coast, Mildura and Geelong.

The Big Red Kidney Walk is suitable for everyone to participate in and is an opportunity to unite and support those affected by kidney disease. We were delighted to witness the support of so many participants, including those who had been personally affected by kidney disease, as well as their family and friends.



Register to take part in the next Big Red Kidney Walk at [www.bigredkidneywalk.org.au](http://www.bigredkidneywalk.org.au)

## Kidney Health Week

### Our Impact



**44.7 million+**

media engagement touchpoints for our awareness messages



**10K+**

online risk tests completed

### Story Sheree Considine

I was 34-years-old when I was diagnosed with kidney disease. When I was putting makeup one day, I covered one eye and noticed it was quite blurry. I thought it was an eye infection but it wasn't. It was confronting being admitted to hospital. They put me in the renal ward and I kept thinking, "I'm not as sick as these people." When the doctor told me I had kidney disease I said, "am I gonna die? Is this the end for me?"

Since my diagnosis, I feel isolated because no one else can relate to what I'm going through. Everything is on hold. I would like to have children, but I can't do that now. Before being diagnosed, I didn't even know what my kidneys did and no one in my family has had the disease. People need to let go of the "it won't happen to me" mentality. Everyone should take the test and get tested early. You might not stop the end stage, but you could delay it.



Five million Australians are at risk of developing kidney disease. During Kidney Health Week (8 – 14 April 2019), we turned our focus to raising awareness of the importance of early detection amongst this group. This year's Kidney Health Week also coincided with the International Society of Nephrology – World Congress of Nephrology in Melbourne, further assisting us to raise the profile of the disease amongst the community and healthcare professionals.

In 2019, our main objective was to meaningfully connect with the one in three at risk Australians in the kidney community. Through an integrated traditional and digital marketing campaign, we focused on directing people to the online Kidney Risk Test to learn if they are at increased risk. We made sure the messaging was always informed and engaging, from our series of ambassadors 'I didn't know' videos' to our on-site donor activation events.

The campaign also captured data about those who connected with the campaign, allowing us

to further encourage them to visit their health professional to undergo a Kidney Health Check. Part of this work saw us deliver resource packs to over 1,200 GP practices and 160 Aboriginal Medical Services in chronic kidney disease (CKD) hotspots. These resources are invaluable for healthcare professionals to help them detect CKD and support those who are at risk.

On the fundraising front, we were also able to activate a community of new financial supporters, resulting in a total fundraising amount of over \$51,000. Our success in 2019 has inspired us to dream even bigger in 2020 and beyond. Through our upcoming #nofilter campaign, we'll focus on the devastating effect conditions such as diabetes and hypertension can have on someone who is considered at risk. With plans to run this campaign throughout 2020, we intend to further inspire our online community to share vital resources and encourage those close to them to get a check.

## Kidney Kar Rally

### Our Impact

**\$440K+**

raised to support young people with kidney disease

Raised the profile of kidney disease through 40.9M media reach

**\$134K**

of free editorial space earned in press, radio, TV and online news reports

**76.2%**

Increased online support for the Kar Rally



The Kidney Kar Rally (KKR) has been supporting young people living with kidney disease for over 30 years. This fundraising event is much loved within the kidney health community, with all raised funds going directly to support the Kidney Kids and Youth programs. Open to everyone from experienced rally drivers to novices and those just along for the ride, this is a truly special event with something for everyone.

With many participants sharing either a love of rallying or a personal experience with kidney disease, the Kidney Kar Rally is looked forward to each year. In 2019, the event was received with even more enthusiasm than we could have hoped for. A stronger investment model and increased support, thanks to first time sponsor Biante Model Cars and Ambassador, Supercars Championship driver, Chaz Mostert boosted our media profile and helped to make the event one of the most successful in recent years.

A huge thanks to all 42 teams for helping to raise over \$440,000. Congratulations to the top three fundraisers: Xplant, The Artline Team and K & K, all top teams raised over \$30,000. A special mention to Team HoBro & Polly, who were the highest fundraisers of the rally newcomers.

A big congratulations to the overall winner of the Kidney Kar Rally, Kar 201 - Bone Crusher raced by Brett Courtenay and Don Harvey.

Register for adventure at the next Kidney Kar Rally at: [www.kidneykarrally.org.au](http://www.kidneykarrally.org.au)

### Story Rally for Jodie

"My daughter, Jodie, was a kidney kid. At the time, I was a bit of a rev head with dreams of one day becoming a race-car driver. A lack of money, connections and more importantly, not much talent, put a bit of a dampener on that dream - until the Kidney Kar Rally (KKR) came along. I saw an opportunity to combine my love of family, desire to - through supporting research - find a cure or better courses of treatment of kidney disease, to ease the regime that kidney disease can put on a family unit, and to get involved with motorsport."



Peter Lanyon with daughter, Deb

# A future without kidney disease

## Our Research Progress

### Our Research Program

#### Our Impact



**\$225K**

in research grants awarded to support improvements in kidney disease care

### Key Research Highlights

#### Kidney size trial

Prof Jonathan Gleadle, Flinders University

A trial which is aiming to identify how a donor's single kidney, after donating the other kidney, increases in size through using new genetic tools, has had some exciting preliminary results. The study has shown that after removal of one kidney in a mouse, the genetic kidney information in the remaining kidney increases within 24 hours post removal. The trial is now beginning to look at human kidney samples to see if these changes also occur in humans. These exciting results have meant that the study group have been able to apply for further funding to extend this research.

#### Symptom monitoring with Feedback Trial (SWIFT)

A/Prof Rachael Morton, NHMRC Clinical Trials Centre, The University of Sydney

The Symptom monitoring With Feedback Trial (SWIFT) measures symptoms and quality of life in chronic kidney disease patients and feeds this information directly back to the patients' dialysis nurse and kidney doctor. The trial has begun to improve communication between patients and their clinical teams about symptoms and quality-of-life on dialysis, and has won an award at the ACTA International Clinical Trials Conference in October 2019. This research has received additional funding through an NHMRC grant.



Left to right: University of Melbourne Deputy Vice-Chancellor (Research), Professor Jim McCluskey, Australian National University Professor Mark Kendall, Health Minister Greg Hunt and University of Melbourne Professor Melissa Little with patient Ms Sheree Considine (middle).

Throughout our 50-year history we have dedicated our expertise, time and resources to finding a cure for kidney disease. In that time, we have raised over \$30 million towards kidney research, contributing to the vital work of researchers and practitioners both in Australia and internationally.

We will continue to work in collaboration with the kidney community to develop more resources and conduct life-saving research. Along with guidance from the Kidney Health Australia Research Advisory Group, we will continue to focus on three key research areas to better support those affected by kidney disease:

1. Improving the quality and duration of life for those living with chronic kidney disease
2. Making kidney transplants last longer
3. Preventing the progression of chronic kidney disease.



Professor Melissa Little

During 2019, we made great strides forward to meet our research goals from studies we funded in 2018:

### Depression and anxiety rates in CKD patients

Prof David Castle, St. Vincent's Hospital

Depression and anxiety are highly prevalent in individuals with chronic kidney disease (CKD) and these rates increase with the decline of kidney function. The Kidney Optimal Health Program is the first program of its kind providing psychosocial support to patients with CKD in helping them manage their illness and build skills to navigate the healthcare system. The pilot study of the Kidney Optimal Health Program has shown that program participants demonstrated improvements in symptoms of depression and anxiety and used fewer health services. The program has received additional funding through The Medical Research Future Fund (MRFF) and will expand to incorporate a larger number of participants, including patients in both rural and metropolitan areas.

### The REPOSE Study

Dr Louise Purcell, Queensland University of Technology

Many people with chronic kidney disease (CKD) experience sleep problems like difficulty falling asleep, difficulty staying asleep and drowsiness during the day. This can lead to poor quality of life and can also worsen other health problems. Our team will test whether a personalised program including activities such as relaxation techniques and simple exercise may improve sleep quality. An individual sleep plan will be developed for each patient.

### Kidney Health Australia Sponsored Prizes & Awards

#### Prize: Renal Society of Australasia (RSA) Environmental Research Prize, Green Nephrology Action Team Award



##### WINNER:

Donna Macwan,

From Counties Manukau District Health Board, Auckland, New Zealand

##### Title of Project:

'Going green in a dialysis unit: Reduce, reuse, recycle'



L to R: Christine DeLaine, Claire Sheeky

#### Transplant Society of Australia and New Zealand Annual Scientific Meeting (TSANZ ASM) Awards

##### Clinical Presentation Award:



##### WINNER:

Dr Philip Clayton

From the Royal Adelaide Hospital and ANZDATA registry

##### Title of Project:

'Wait listing for Kidney Transplantation in Australia'



Laboratory Based Presentation Awards:



##### WINNER:

Anjan Bongoni

From St Vincent's Melbourne

##### Title of Project:

'The immunosuppressive agent dilixivimab (ANTI-CD2) is superior to antithymocyte globulin in having reduced prothrombotic and cell-activating effects'

# Our Giving Community

The generosity of our kidney community is overwhelming. The support we receive from our donors, fundraisers, corporate partners, as well as government partners, allows us to save and improve the lives of all those affected by kidney disease.

## Fundraising Efforts

2019 was a big year for our giving programs. Thanks to donations from individuals, community groups, trusts and foundations, and government grants, and Bequests realised during the year, we raised over \$8.6 million.

The money raised helps us to keep vital services running in our community, provide resources to help with prevention and early detection, and continue supporting families living with kidney disease. Special mention goes to our inaugural Give Kidney Kindness Campaign, which broke all previous records raising over \$100,000 in 24 hours.



Our Melbourne staff celebrating our Kidney Kindness Campaign



## Growing Our Bequest Program

We are continuing to develop our successful Bequests program. In 2019, the number of dedicated supporters who left a gift in their Will to Kidney Health Australia more than doubled. This increase in support was also reflected in the similar number of long-term supporters who indicated that they were considering taking this generous step. We cannot emphasise enough how important this commitment of support is to the sustainable future of Kidney Health Australia.

Kidney Health's long-term supporters are the lifeblood of our fundraising efforts. Through these generous gifts, we're able to continue funding vital kidney health programs and services to support people with kidney disease, as well as kidney disease research initiatives. Feedback from long-term supporters has led us to initiate new and engaging ways to show how your gift helps us to complete our important work.

We are most grateful to our generous supporters who have made this commitment to future generations.

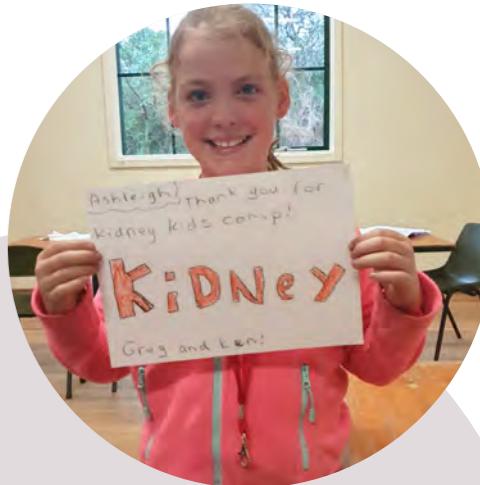
## Funding A Healthy Kidney Future

In 2020, we will continue to seek support from our generous donors in ways that work for them. We're always looking for more ways to support our community to take part in events and challenges that inspire them, but also align with their availability, lifestyle and ambition to continue raising money on behalf of Kidney Health Australia. We are committed to developing our sustainable fundraising programs, including:

- **Bequests** – A gift in Will is a gift to the next generation. All Bequests received help us to conduct vital research and provide essential support.
- **Individual Giving** – Our giving community is the backbone of Kidney Health Australia. We rely on generous donations from the public to fund our vital support services, research and initiatives.
- **Community fundraising** – We're committed to providing fun and inspirational community fundraising opportunities throughout the year. Events such as the Kidney Kar Rally and Big Red Kidney Walks are important to the longevity of our active kidney community.
- **Major Gifts & Philanthropy** – The generous philanthropic community assists us in furthering our research efforts and developing additional support programming.

- **Government partnerships** – Securing ongoing government funding means we can plan for the future of Kidney Health Australia.
- **Corporate partnerships** – We work collectively with a range of corporate partners who share our vision of a future free of kidney disease.

Our goal is a diversified and growing revenue base that enables us to deliver our core purpose and priorities. Whether through Regular Giving, Bequests or Partnerships, we're focused on developing sustainable fundraising programs that align with our purpose, values and ethics.



## Story of A Fundraiser

Our top fundraiser during Kidney Health Week was a mother and daughter, whose story touched everyone's hearts and highlighted how this disease can affect anyone at any age.

Amanda's daughter was 11-years-old when she was diagnosed with renal failure. The diagnosis devastated Amanda and her daughter endured a year of dialysis until a kidney transplant gave her a chance at a more normal life.

"When I was told that my daughter had lost 90% of her kidney function, I was devastated. She had no symptoms until 6 weeks before she was diagnosed with renal failure. Fortunately I was a suitable donor and my daughter had a kidney transplant 9 months ago. She felt better immediately. But we know the transplant is a treatment, not a cure."

Amanda and her daughter raised an amazing \$6,910, surpassing their \$5,000 goal, and contributing to our overall fundraising total of over \$50,000 during Kidney Health Week.



# Finances

2019 was a transformative year for Kidney Health Australia.

As a community-focused organisation, we work tirelessly to support the thousands of Australians who are affected by kidney disease on a daily basis. In 2019, we made a decision to implement some monumental changes to the way the organisation operates. We listened to all our stakeholders and created a plan to direct Kidney Health Australia towards creating a sustainable and long-lasting future.

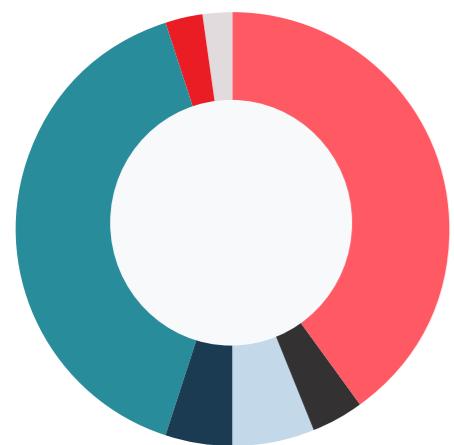
Although 2018 returned an operating surplus of \$825,934 for the year, the same cannot be said for 2019. As our focus

shifted to transforming ourselves in an increasingly competitive environment, much of this surplus was directed into:

- Streamlining existing programs
- Collaborating more efficiently on new projects; and
- Restructuring for our long-term future.

As a result of this increased activity, the underlying business result was breakeven at the closure of 2019.

## 2019 Revenue



## 2019 Expenses



## Financial Position

As at 31 December 2019	2019 \$	2018 \$
<b>Assets</b>		
Total current assets	2,346,582	2,532,324
Total non-current assets	5,058,528	4,254,668
<b>Total Assets</b>	<b>7,405,110</b>	<b>6,786,992</b>
<b>Liabilities</b>		
Total current liabilities	2,939,033	2,283,470
Total non-current liabilities	321,143	278,569
<b>Total Liabilities</b>	<b>3,260,176</b>	<b>2,562,039</b>
<b>Net assets</b>	<b>4,144,934</b>	<b>4,224,953</b>
<b>Equity</b>		
<b>Total Equity</b>	<b>4,144,934</b>	<b>4,224,953</b>

Our long-term goal is to remain a high-performing, accountable and financially viable community organisation for generations to come. With clarified focus, strategic investment, continued collaboration and aligned partnerships, we are well-placed to reach our overall mission of a kidney disease free future for all.

For more information, you can view our complete financial statements on our website:

[www.kidney.org.au/about-us/annual-reports](http://www.kidney.org.au/about-us/annual-reports)

## Thanks to our community



We'd like to thank all of our kidney community for their generosity and support this year. Thanks to our bequestors, donors, clinical stakeholders, and professional and consumer volunteers, we can continue providing vital services and support to our kidney community and invest in research to improve treatments and eventually eradicate kidney disease so future generations can benefit from lifelong kidney health.

### Bequests

#### Realised in 2019

Estate of Olive Britton  
Estate of Denise Alcon Chapman  
Estate of Lorna Constance Cooper  
Estate of Yvette Dorothy Cramond  
Estate of James Henry Duckham  
Estate of Agnes Jean Cameron Eaton  
Estate of Roma Valeria Joy Ellis  
Estate of Grace Ann Hartigan  
Estate of Shirley Marie Hodges

Estate of Keith Charles Hughes  
Estate of Betty Frances Jacobsen  
Estate of Craig William Johnston  
Estate of Joyce Phoebe Johnston  
Estate of Diane Gae Nixon  
Estate of Robert James Osborne  
Estate of Arthur Edward Reed  
Estate of Angela Anita Reid  
Estate of John David Richards

Estate of Paul Albert Shepperd  
Estate of Ethel Margaret Tannock  
Estate of Raymond Joseph Taylor  
Estate of George Tsivis  
Estate of Maria Wilhelmina Van Rynsbergen  
Estate of Isyabell Ann Weir  
Estate of Janice Eileen Wilson

### Major Supporters

Albert Hung  
Allan & Rosalind Diplock  
Amber Vincent  
Andrew Purvis  
Angie Vandyke  
Anthony Portas  
Arnold & Lane Shmerling  
Ashlea Lockett  
Augusto Marcon  
Barbara Cimetta  
Barney Williamson  
Betsy Polasek  
Bill & Jenny Handke  
Bill Mann  
Blackburn Ladies Day  
Bob Allen  
Brian Kelly  
Brian Moore  
Bruce Verity  
Bruce Waters  
Cathy Scalzo  
Central Coast Kidney Support Group  
Charles Boase  
Charles Burbury  
Chris Ormrod  
Christine De Nardo  
Clem Jones Group  
Coral Wheaton  
Craig Peterson  
San Pantaleone Committee Brisbane  
Committee Brisban  
David Vanderree  
David Vincent  
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Our Primary Care Education program would not exist without the dedicated nephrologists, GPs, renal nurses, Primary Care nurses and educators who make up PEAK.

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We're extremely proud of what we've been able to achieve together, all of which wouldn't be possible without your giving and generous spirit.

Together, we are creating a brighter future for those living with chronic kidney disease.

We're committed to our mission of improving the lives of everyone affected by kidney disease. There's a number of ways you can help us to achieve this mission:

### Give regularly

Become a Kidney Crusader and help us lead the fight against kidney disease. Sign up to a monthly donation [www.kidney.org.au/monthly](http://www.kidney.org.au/monthly)

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Every donation helps us to deliver vital support services to people affected by kidney disease. Donate today [www.kidney.org.au/donate](http://www.kidney.org.au/donate)

### Partner with Us

We have a range of opportunities where your organisation can work with us to support people with kidney disease, from workplace giving, staff volunteering, corporate investment to in-kind support. For more info, call us on **1800 454 363** or email [careteam@kidney.org.au](mailto:careteam@kidney.org.au)

### Join Team Kidney

Challenge yourself by taking part in one of our fun events. You'll help us raise vital funds to support people affected by kidney disease, and make some new friends along the way. Sign up at [www.kidney.org.au/teamkidney](http://www.kidney.org.au/teamkidney)

### Volunteer with Us

Our volunteers are an invaluable part of the kidney health community. By volunteering with us you will meet new friends, develop valuable skills and contribute to a cause that is saving lives. Apply to volunteer with us, call **1800 454 363** or email [volunteering@kidney.org.au](mailto:volunteering@kidney.org.au).

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