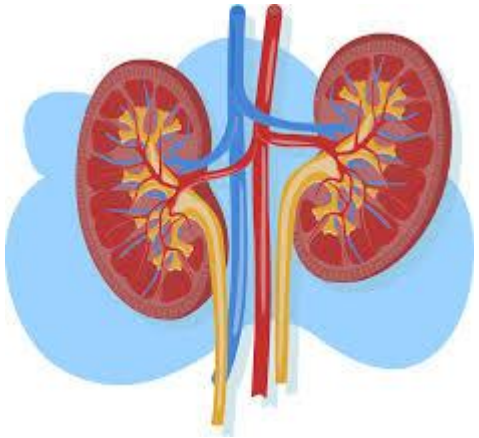
The Power of Community Voice: Formation and Flourishing of the Wellington Kidney Support Society

wellkiss.org.nz

Te Ropu Tautoko Takihi
o Te Whanganui-a-tara

Kidney Peer Support Group
2020 - 2026





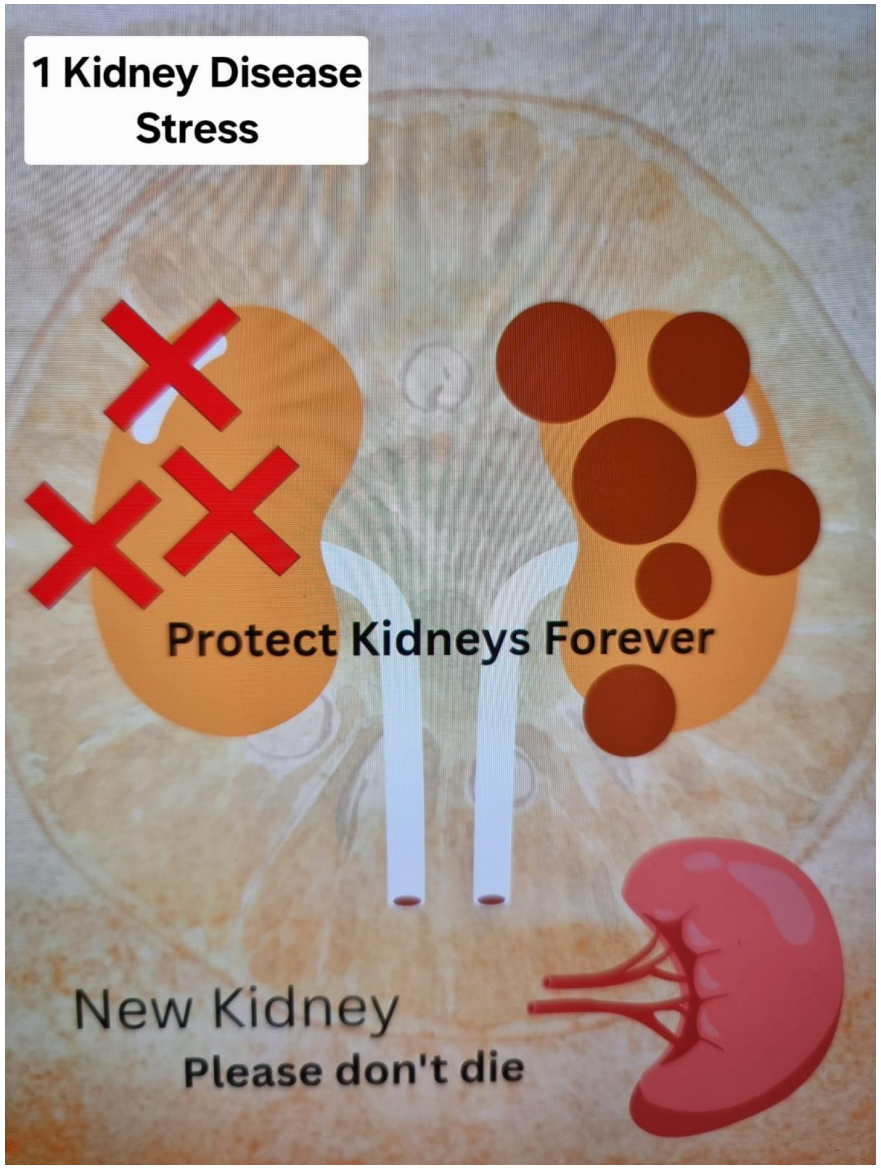
Challenges Kidney Patients face

- Staying on the transplant list – eg weekly blood tests
- Fatigue
- Fluid restriction
- Dietary constraints
- Frequent medical appointments
- Co-morbidities e.g., diabetes, vascular
- Multiple medications – multiple specialists
- Fragmented care
- Higher risk of hospitalization and mortality.
- Financial struggles - loss of employment
- Family burn out




5 Endless Loop
tacrolimus Sandoz®
1 mg
tacrolimus 1 mg (as monohydrate)
100 capsules
SANDOZ
Ethics
Paracetamol
100 TABLETS
CareSens™ N
Blood Glucose Monitoring System
No Coding
Easy & Accurate Testing
CARE WITH MEDICINES


11 Too much
to carry solo

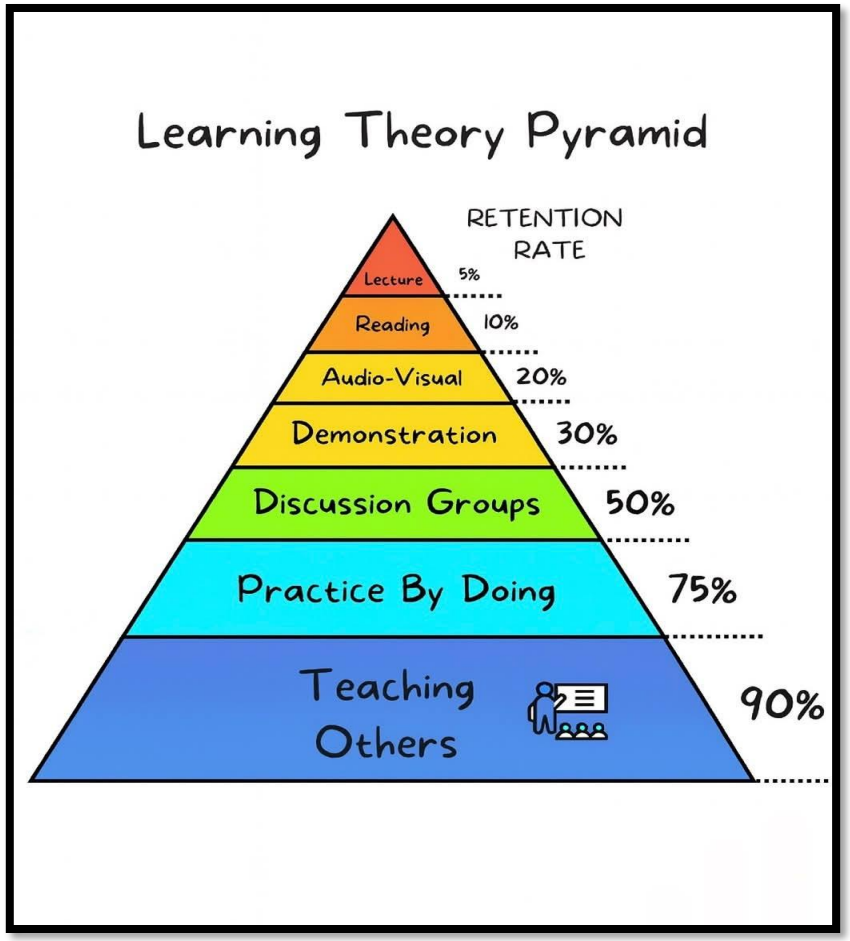

1 Kidney Disease
Stress
Protect Kidneys Forever
New Kidney
Please don't die

National Kidney Foundation (NKF) new York

Research shows that Peer Support:

- Helps kidney patients adjust to living with a chronic illness
- Improves well-being and survival
- Decreases feelings of isolation and depression
- Leads to better self-management
- Improves the health of the helper

Learning Theory Pyramid



Consultation and Plan

Project Proposal: 28.02.2019

Consulted with

- Renal team members
- Professional lead
- Whanau Care
- Pacific Health Unit
- Patients
- Team Lead

Objectives

1. To create a safe and accepting environment for participants where they can feel safe to share their experience.
2. To provide a mix of purposeful activities and discussion/sharing through which participants can develop coping skills and support each other in developing and maintaining these.
3. To assist members in formulating a structure that works for them and equip them with the skills so that they can take ownership of the programme.

Finance: A Challenge

- Manaakitanga : We wanted to provide hospitality, kindness, generosity, and support in an environment away from hospital surroundings.

All set to go and then.....

2020: Covid!!!!



First Workshop: 3 November 2021
Age Group: 18 - 39



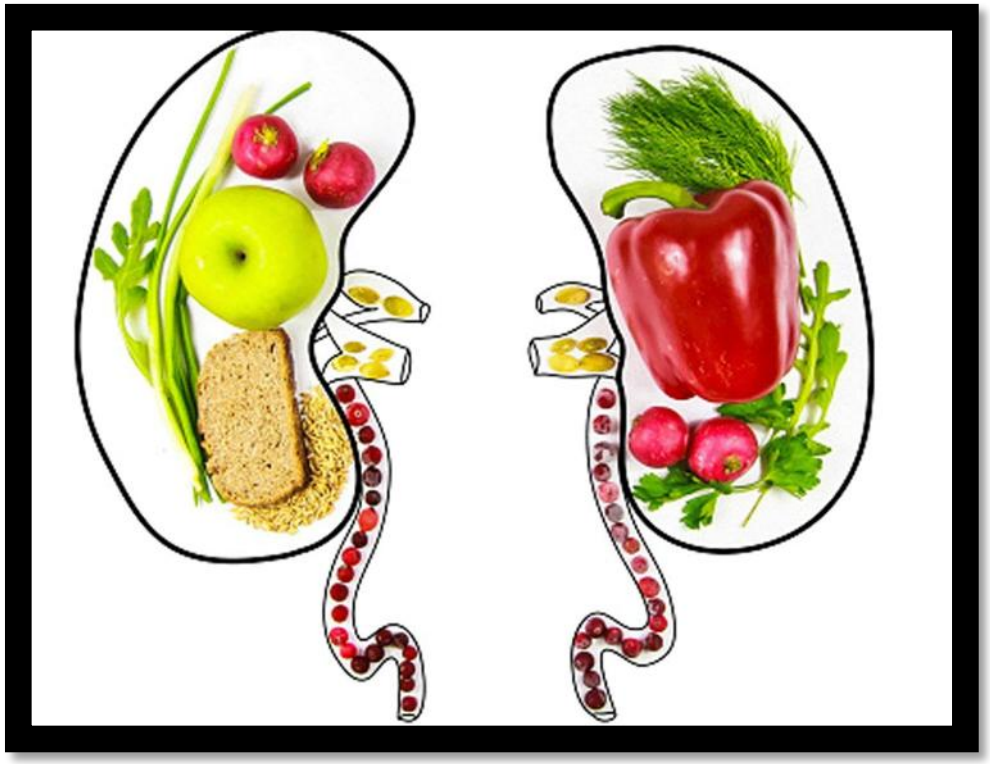
Program

Time	Activity
09:30	Registration and Tea
09:50	Introduction to workshop and rationale Waita and prayer
10:00	Icebreaker Throwing the ball – getting to know people's names
10:15	Rules for safety
10:20	Getting to know you Tell your partner something about yourself and why you chose the picture
10:50	Expectations To think about and write down as individuals and then to share in group
11:10	In Groups to share: Experience of Dialysis What has helped them cope What are your strengths
11:40	Feedback on coping strategies and strengths by groups
12:00	Lunch
12:40	Group discussions: What would be the positives of a peer support group? What could be the negatives? How could you deal with the negatives?
13:10	Feedback from Groups
13:25	Stretch and move
13:35	Practicalities of group: Brainstorm Venues Times Expenses Topics for group sessions Suggestions
14:05	Evaluation

Renal Peer Support Newsletter 4: July 2022

Kia ora kouton and warm Pacific greetings to you all





Formation of a Committee



Speakers

















Keeping it Fresh

- We are responsive to the feedback and topics that people want to know more about e.g. insomnia, transplants, nutrition, patient panel
- Regular features and new
- Keep basic elements routine/predictable/safe so that participants can comfortably know what to expect.



Music Therapy



Group Discussion



2023: Strategic Planning with Anne French



Registration of charity: 2024



OUR VISION

To improve the quality of life for individuals affected by kidney disease in the Wellington Region through comprehensive support, education and advocacy.

OUR PURPOSE

- **To manage WELLKiSS, a non-profit charity to support and meet the needs of renal patients, donors and their whanau in our community**

- **To provide a meeting place/hui where all people affected by renal related medical conditions can gather to learn and share experiences without judgement**

- **To advocate for best policy and practices for quality renal care on behalf of our community. To keep abreast of renal research and development**

2024: Constitution



Spreading Awareness in the community





2025



Art Exploration Workshop

For all kidney patients – no art experience needed. We look forward to seeing you there.

🗓 When: Saturday, 14 June 2025
🕥 Time: 9:30 AM – 1:00 PM
📍 Where: St Hilda's Church, 311 The Parade, Island Bay
🍎 Refreshments provided

Explore your emotions through art
Join a safe, welcoming space led by registered Creative Arts Therapists. All materials are provided.

📧 Register: Reply to this email : Athena.Richmond@ccdhb.org.nz

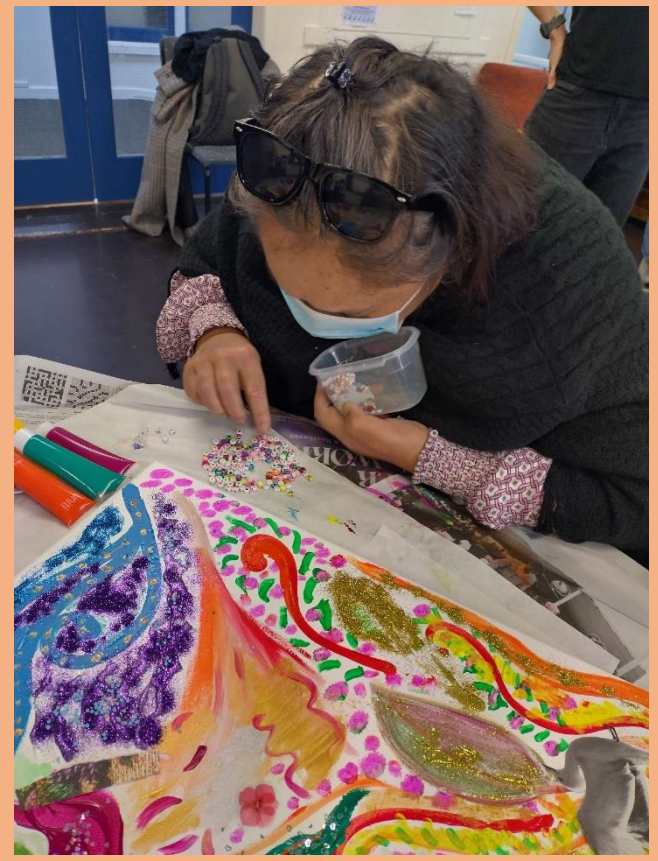


Some comments from the first two days:









Photovoice Research: Dr Debbie Wilson



PHOTO JOURNAL

A photo journal helps to capture a person's experience related to a particular topic through pictures and picture descriptions.

The goal of this photo journal is to help us better understand your everyday experiences.

Each page in this journal is about a different topic. Some of these topics might apply to things you feel, do, or experience.
Some might not. For those topics that do feel apply to you, please take a picture of something or someone that represents the topic - how you experience, cope, or feel about it.

Once you've taken the picture:

- Label the picture with a pen or marker as shown on the following pages.
- Write a title for the picture.
- Write a short description of why you chose to take that picture to represent that topic.

COFFEE CATCH UPS

Wellington Kidney Support Society - WELLKiSS

Would you like to meet with
others going through the kidney journey?
Please come to one of our WELLKiSS
Coffee Catchups – Let's chat.

WELLKiSS
Since 2024



FREE

Special Guest - Kent
Topic : Free counselling

When *Wednesday 22 October*

Time 10am - 12pm

Where Tireti Hall, Tireti Road,Titahi Bay, Porirua

ALL WELCOME!

Contact(s)

Athena-Athena.Richmond@ccdhb.org.nz
Spencer-s.jonathan@xtra.co.nz
Tracy - maxtra62@gmail.com



Rsvp catering purposes

YOUR FISTULA - YOUR LIFELINE

WELLKiSS
Since 2024

WHEN? WEDNESDAY, 20 AUGUST 2025,
9.30AM
Tireti Hall, Tireti Road, Titahi Bay Porirua

HOW MUCH DO YOU KNOW ABOUT YOUR LIFELINE?

Join WELLKiSS for this unique opportunity to hear from the experts:

- Helen Hoffman, Renal Clinical Nurse Specialist and
- Rebecca Murton, Home Dialysis Community Nurse

✓ Learn to protect and maintain your fistula to give you the best dialysis

✓ Spot issues early – act before they become problems

✓ Optional fistula assessment and sonosite available

✓ Take home booklet

All haemo and prospective patients welcome.

To attend email Jenny Gibson, WELLKiSS member at: jenny@jennygibson.co.nz
For help with transport email Athena Richmond at: athena.richmond@ccdhb.org.nz



Kidney Peer Support and Education:
"Tackling Kidney disease together"

All Kidney patients and Whanau you are invited

Date: 12 November 2025, Wednesday
Time: 9:30 – 2.00pm
Venue: St Hilda's Church Hall, 311 The Parade, Island Bay, Wellington
Lunch and teas provided – No cost



Enjoy discussion and meeting others

Topic: Strategies for Stress
Guest Speakers
Kent Lambert, Dr Debbie Wilson and Tony Stephens

RSVP : Athena Richmond: Athena.Richmond@ccdhb.org
Phone: 027 4033921.
Organised by Allied Health, Te Whatu Ora
Funded by Wellington Hospitals Foundation

Achievements: All achieved by volunteer patients

- 205 Members on Facebook
- WELLKiSS is now a legal registered charity
- Two AGMs have been held
- A website: https://wellkiss.org.nz/
- 4 Educational and support workshops a year
- 10 Coffee catch up informal meetings
- Patient panals

Achievements cont.

- A quarterly newsletter
- Mailchimp
- 1 Fistula workshop
- 3 Art therapy sessions.
- Partial funding for 4 workshops
- Celebration of World Kidney Day in March

Work in Process

- Set up of sharepoint so that all documents and templates can be shared
- Official email addresses for committee members
- Welcome packs for HD and PD patients.
- Funding applications
- Handing over the project to the committee with oversight and mentorship

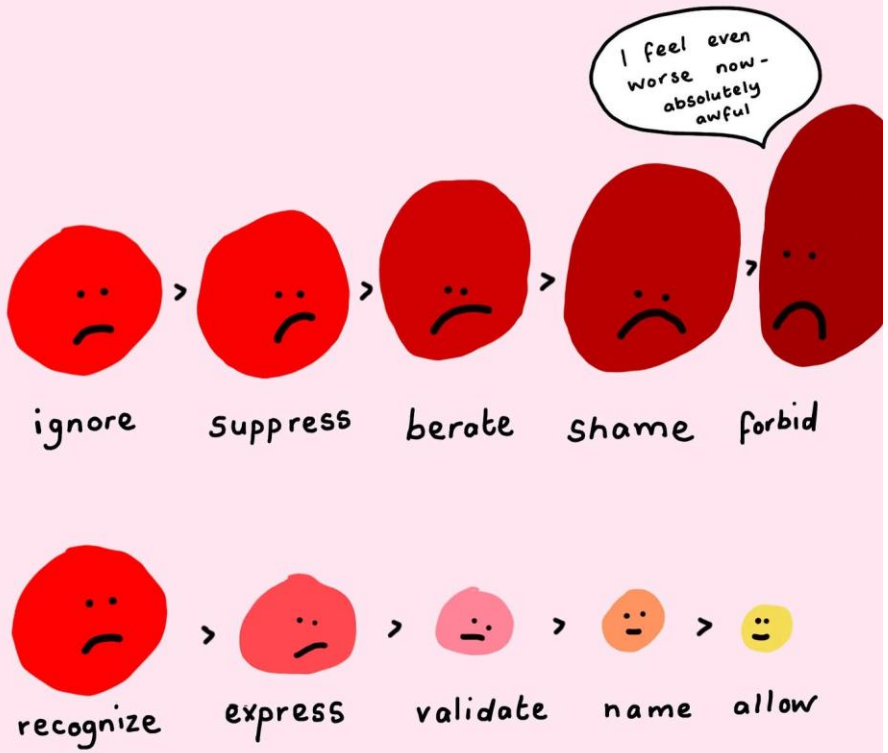
Challenges

- To ensure that WELLKISS is sustainable in the long term.
- That people do not get burnt out
- To plan for people who may be sick, by having at least 3 people in a team.
- Co-opting people with the skills needed to help
- Involving the younger generation in planning events

PEER SUPPORT IS EFFECTIVE BECAUSE IT IS A SHARED EXPERIENCE

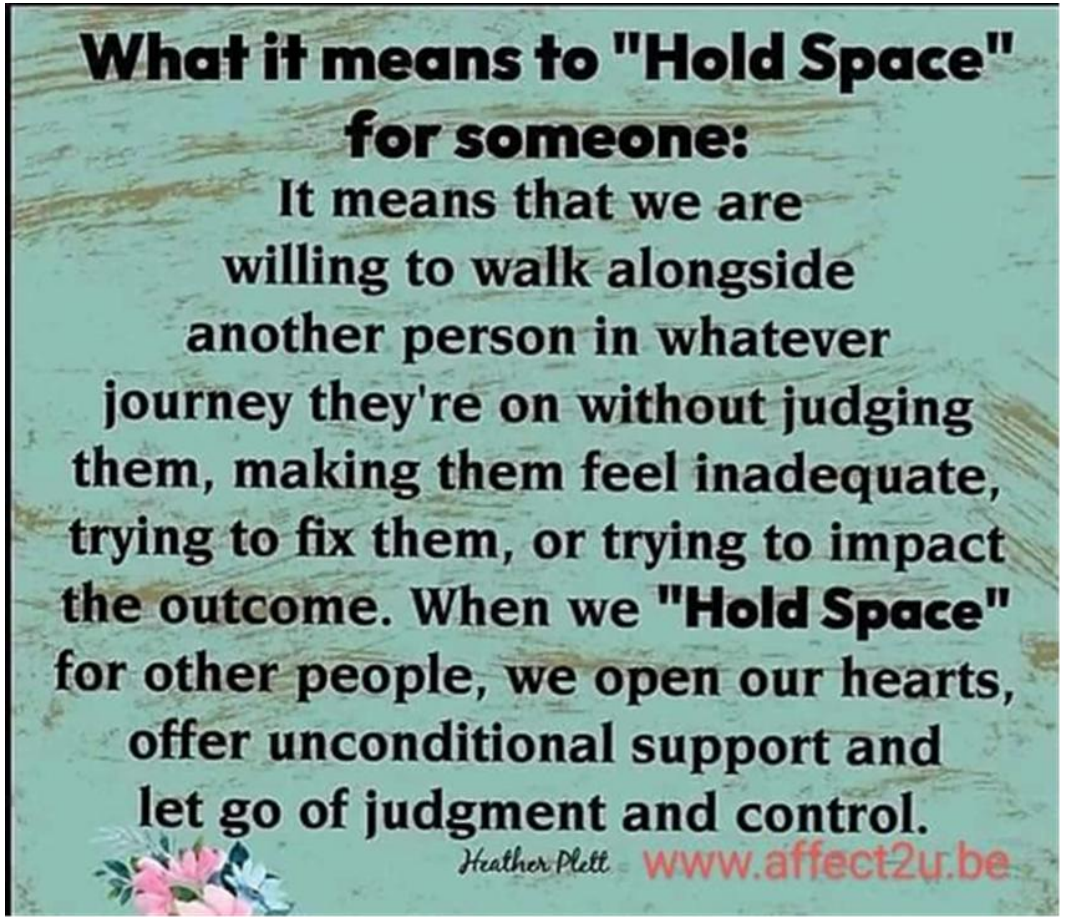
Peer support works because patients are able to give each other something the clinician does not have – shared life experience. It is support from the perspective of someone who has “been there.”

A tale of two difficult Emotions



@thepsychologymum

Holding Space



A Patient sums up Kidney Support

It is just so important. Timely information shared may help prevent negative outcomes. There were many issues I had wished someone had told me before I did the wrong thing due to lack of knowledge. An initiative like the KPG group where we can take our own health into our own hands and helping ourselves medically and socially - PRICELESS.

A safe foundation

A safe Anchor

Safety Net

THESE ARE MY PEOPLE, THESE ARE MY TEAM….WE NEED THE Kidney Peer Support Group.”

Questions


WHY?
WHERE?
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Thank you – Kia Ora

