Tēnā Koutou Katoa,

Ko Kaweka te maunga. Ko Mohaka te awa. Ko Puketītiri te kāinga o ōku tūpuna. Ko Hawke's Bay ahau. Ko Kathy Turner tōku ingoa.

Ngā mihi mahana ki ngā mana whenua, ki ngā kaimahi hauora, ki ngā mātanga, me ngā whānau e tautoko ana i tēnei kaupapa.

Tēnā koutou, tēnā koutou, tēnā tātou katoa.

SUPPORTIVE PEER GROUP SESSIONS FOR

IMPROVED QUALITY OF LIFE AND HEALTHIER LIFESTYLES

HAWKES BAY CKD AND DIALYSIS POPULATION

Initiated via Renal and MD Teams, supported by community agencies.

Te Kāwanatanga o Aotearoa
New Zealand Government

Health New Zealand
Te Whatu Ora



Hawkes Bay Te Matau-a-Māui at a glance:

- Population of 179,700 (3% of New Zealand total population of 5,324,700) 4 main regional boundaries/councils and outlying rural areas.

- 30% population whakapapa Māori, 7% speak te reo Māori (17% of National population whakapapa Māori)



- Median personal income of adults = $39,300 (National median $41,500)

- Socioeconomic deprivation over represented by 15% of national average

source: stats NZ, Census 2023

Hawkes Bay Te Matau-a-Māui CKD 5 Distribution at a glance:

(known cohort under care of Hawkes Bay Renal Service / Advanced Kidney Care Service)

Pre Dialysis

eGFR > 15 mL/min = 33

eGFR ranging 15mL/min – 22mL/min =136

Home Modalities

Peritoneal Dialysis = 22

Home Haemo = 15

Incentre Haemodialysis

Incentre = 69

Acute unit = 4

Evolution of SUPPORTIVE PEER GROUP SESSIONS Initiative:

WHY

Acknowledgement from patients of:

- experienced and perceived isolation
- poor motivation
- no physical renal support groups active in Hawkes Bay

Renal team recognition of:

- low health literacy, social deprivation, and improved actualisation of Te Tiriti obligations.

WHO

Inclusive to CKD 5 cohort, including pre dialysis, and those undertaking home and incentre modalities. Initially considered solely as a supportive group for CKD cohort

WHEN/WHERE

Facilitate fortnightly korero as positive opportunity for renal whakawhanaungataunga

Wednesday 10-12 noon Te Ao Maori Kuapapa (Hastings)
Thursday 10-11 Hikoi (Napier)

(with variance expected determined on participation and peer group feedback)

The Reality

Goal:

- Facilitation and development of peer support networks will foster improved quality of life and healthier lifestyles for people living with End Stage CKD in Hawkes Bay Te Matau-a-Maui, evolving to become self running.

MDT Team involved:

- Renal Social Worker, Kaiawhina, Dietician, Renal CNS Advanced Kidney Care, Sport HB, Camberley Community Centre, Māori Health Team/Te Kupenga Hauora Ahuriri.

Timeline:

- Commence end of Feb 2026, with first 8 weeks programmed. Review and adjust as required/determined by feedback.

24 February - April 2027













The mahi.....

- Community organisations approached, for venue options and manaakitanga
- Weekly offsite hui/sessions organised and advertised inclusively.
- Limited support offered for transportation
- Designated staff appointed to hui/session dates, for safety and initiation.
- Collective Renal department informed, to encourage uptake/promote initiative.

Progression

What works:

- Regularity of sessions – same day/venue
- Several Key attendees, to further promote attendance
- Central accessible locations
- Whanau Ora Kaupapa

Barriers:

- Attendee sickness (high incidence)
- Dialysis schedules
- Staff capacity (2 staff members no longer have capacity to routinely support initiative)
- Napier/Hastings transportation
- Total mobility requirements
- Fuel Crisis

May – June 2027







Peer Group Sessions Facilitated

- **Hikoi's:** local parks, coastal beach trail, Napier museum
- **Green prescription sessions:** Sit and Be Fit, Tai Chi, Kiwi Seniors
- **Kaupapa Te Au Maori:** Mah-jong, marae cooking, chess, carving



Feedback from Attendees:

Observations from Renal Team:

OUTCOME / RESULTS

- *"I'm glad you came and picked me up, I wasn't going to come". "I come because it's fun!". "You do your own dialysis, you're brave!". "I like talking to people on dialysis". "The exercise is really good for me". "Kai is primo". "Can I bring my wife". "Can I come to the Renal Hui?".*
- 95% re attendance rate

- Provides a positive conversation point to facilitate staff development of therapeutic engagement.
- Lifted mood of incentre HD attendees.
- Education is 'passive' 'informal' via peers, i.e. increased knowledge of home therapies.
- Attendees are exposed to other allied agencys and groups, providing a wider socialisation and health benefit (uptake).
- Renal attendees encourage fellow ICHD whanau to attend.
- Renal Service has received complimentary feedback from associated community agencies on positive community engagements being fostered.

Summation

- The mahi will go on!!
- Sessions will continue to be tailored around the cohort's interest areas, with promotion of healthy lifestyles and independence prioritised.
- Despite a reduction in staff support available to continue with this initiative we have refined staff involvement, following initial 'tester sessions', with an average of 3 hrs weekly required to continue facilitation.
- Wednesday Te Au Māori sessions are essentially self running.
- From July additional monthly hui's will be facilitated, with hikoi facilitated, alternating between Napier and Hastings providing whakawhanaungataunga.

References / Acknowledgements

- Hawke's Bay Region, Place and ethnic group summaries | Stats NZ
- Camberley Community Centre (Hastings District Council Funded)
- Sport Hawkes Bay (Green Prescription)
- Te Kupenga Hauora Ahuriri
- Napier Library (Napier City Council)
- Hastings Library (Hastings Council)
- Dedication and commitment of Renal Social Worker and Hawkes Bay Renal Team