

Building a **better** **kidney future**

Annual Review 2021



Prevention
Detection
Support
Research

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Acknowledgement of Country

Kidney Health Australia acknowledges the Australian Aboriginal and Torres Strait Islander peoples of this nation. We acknowledge the traditional owners of the lands on which our organisation is located and where we conduct our business. We pay our respects to ancestors and Elders, past, present and emerging.

Kidney Health Australia is deeply committed to honouring Australian and Torres Strait Islander peoples' unique cultural and spiritual relationships to the land, waters and seas and their rich contribution to society.

We will continue to maintain and strengthen our relationships and partnerships with indigenous communities to help drive earlier diagnosis of kidney disease within their communities, and help improve the treatment and management of those affected by the disease.

Cover: Aleia is one of our bright and courageous kidney kids. Read more about her story on page 28

2021 Overview

Who we are

Our vision:

Healthy kidneys for all Australians.

Our mission:

To decrease the incidence of kidney disease and to save and improve the lives of Australians affected by it.

We believe:

We can improve kidney health outcomes for all Australians.

The values that guide our behaviour:

We **care** about people

We are **aspirational**

We see **impact**

As the leading voice for the kidney community, we are a unifying force for action, support and research to improve the lives of Australians at risk of, or affected by, kidney disease. We work with a broad range of consumers, donors, volunteers, health professionals, corporate and government stakeholders, and others to help deliver our vision of a healthy kidney future for all Australians.

The following pillars guide our work:

Prevention: We work with other chronic disease partners to push for greater government intervention and support for preventative health strategies so more Australians can live longer, healthier lives.

Awareness and early detection: Around 1.7 million Australians aged over 18 years old have signs of chronic kidney disease and 1.5 million of those are unaware of it. With up to 90% kidney function lost before symptoms are apparent, we're spreading awareness and driving earlier detection to prevent progression to kidney failure.

Support and management: Chronic kidney disease means major changes to the lives of those diagnosed and their loved ones. We can help improve quality of life and disease management through our programs, resources and support networks.

Research: We are working in partnership with the Australian and New Zealand Society of Nephrology to establish an Australian research collaborative and grow our investment in kidney disease research, advocating research priorities and unifying the kidney research community.



Message from the **Chair**

Our kidney community and the team at Kidney Health Australia faced another challenging year with the ongoing pandemic. While this meant a continued focus on providing vital support to our kidney community and navigating the challenges of lockdowns and vaccination rollouts, we never lost our focus on addressing the rising tide of kidney disease in our community.

The number of hospitalisations for people with kidney disease has more than doubled over the last 20 years. This means it is fast becoming the nation's largest hidden health issue, with an estimated 11% of deaths in Australia related to kidney disease each year. When these numbers are combined with COVID complications on kidney health, it only serves to raise further concern for those with the disease in our community.

The release of our 'Make the Link – Kidneys, Diabetes and Heart' report in March 2021 highlighted the links between kidney disease, heart disease and diabetes. The report highlighted the shocking fact that 29% of the Australian public have at least one or more of these conditions and face shortened mortality as a result.

This research work is part of our crusade to put kidney disease firmly on the national health agenda, and work more closely with our chronic disease partners. Only with increased collaboration and visibility can we further progress critical medical, technology and social research into this insidious and deadly disease.

On behalf of the Board, special thanks to our CEO Chris, staff and wonderful volunteers for continuing to keep the Kidney Health Australia ship on course. Their resilience and agility, along with a continued commitment to innovation and improvement, will ensure Kidney Health Australia continues to deliver on its promise to improve the kidney health of all Australians, and be a trusted partner and lifeline to the entire kidney community.

I'd also like to thank my co-Directors for their continued commitment to shaping the future direction of kidney health in Australia.

Professor Carol Pollock AO, Chair
MB, BS, PhD, FRACP, FAAHMS



Message from the **CEO**

Throughout another year of uncertainty, we continued to play a vital role as a trusted partner in the kidney community through our outreach services, education activities, research, and advocacy.

As we endured another year of social distancing, community connection continued to be of critical importance. We launched a Kidney Buddy peer-to-peer support program, which was an immediate success, providing a way for those in need of help or guidance to connect with someone with lived experience. By the end of 2021, 79 Kidney Buddy mentors had already signed up to the program. We expect the program to continue its exponential growth in 2022.

We increased our efforts to improve the kidney health of all First Nations peoples. An additional \$700,000 in Federal Government funding took the Indigenous CARI guidelines program to the next stage, turning consultations learnings into written guidelines. Informed by First Nations people, this critical piece of work is expected to be completed in 2022, leading to the final stage of dissemination amongst indigenous communities to enable improved diagnosis and management of kidney disease.

We also connected dialysis patients more closely to our programs and services through the launch of a Kidney Health Nurse Ambassador Program. Designed in partnership with the Renal Society of Australasia (RSA), the Program utilises the support of a designated Nurse Ambassador in renal units to provide much needed connection between ourselves and dialysis patients.

We continued to be a responsible steward of the funds raised by our generous donors. Through a combination of cost-effective program management and delivery and more diversified forms of funding, we reached the end of 2021 in surplus. I'm pleased to announce this will be used to develop some exciting initiatives in 2022 to boost our program support even further.

I'd like to thank the fantastic team at Kidney Health Australia for their ongoing dedication and passion for improving the lives of people with kidney disease, and for caring for one another throughout these challenging times. I'd also like to acknowledge the work of our clinical partners, chronic disease partners and other stakeholders who help us to deliver vital services and support to our community every day – we couldn't do it without you.

Special thanks to our incredible supporters and volunteers who inspire us every day with their courage, generosity and resilience. Together, we can be a force for positive change for all those affected by kidney disease.

I'd like to thank our Chair, Prof Carol Pollock for her leadership and all the Directors for their guidance and support throughout 2021.

Chris Forbes, Chief Executive Officer

A snapshot of 2021

12 million
Australians informed
on kidney disease.

65,000+
Australians checked
their kidney disease risk.

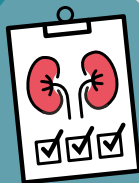
367 Volunteers
delivered support.

79 Kidney Buddies
trained to support others.

Over **103,000**
resources accessed.

4,522
health professionals
received vital training.

\$5.2 million
received from
our generous donors
and sponsors.



Our inspiring community

Brendan Foley


The day before his 29th birthday, Brendan's life changed in an instant. He found out he had a 10.5cm tumour in his left kidney and it would have to be removed. Two years later, the cancer had spread. He underwent surgery to remove his remaining kidney just days after his son was born.

Even with both kidneys removed and kidney cancer still in his body, Brendan continued to do what he could to support others experiencing kidney disease. For the last two years, he had volunteered his time in the Kidney Health Australia Brisbane office every week.

Brendan became a passionate advocate for Kidney Health Australia, dedicating his time and energy to raise funds for kidney health awareness as an Ambassador, event organiser and face of our Red Socks Appeal. Through it all, he kept his fighting spirit, inspiring everyone he met with his resilience, positivity and strength.

Brendan touched every part of Kidney Health Australia. He was a Red Socks advocate, a donor and member of the kidney community. Tragically, Brendan passed away in January 2022. To the very end, Brendan lived life to the fullest. His dedication and passion to inspire better kidney health for all Australians lives on in his family and friends who continue to be strong supporters of Kidney Health Australia.

Together, we can follow in Brendan's footsteps and work to raise the profile of the disease in Australia, with the hope to one day realise our vision of a future free of kidney disease.



I've always been a positive person. I think I've got so much more to give to the community, to my son, and my family, so I've got to keep those positive vibes happening.

Brendan Foley,
Kidney Health Australia volunteer

The **state of kidney disease** in 2021

Kidney disease is a ticking time bomb

Kidney disease continues to have a devastating impact on Australians young and old, and on an already strained health system. With 1.5 million Australians unaware they have the early markers of kidney disease and an ageing population increasing the numbers diagnosed, early detection remains a top priority to preserve the kidney health of more Australians.

There is still **no cure** for kidney disease.

5.6 million Australians have at least one of chronic kidney disease, cardiovascular disease or diabetes.

1.5 million people are unaware they have the early markers of kidney disease.

Costs the economy more than **\$5 billion** a year.

Number of people with CKD has **doubled** over the last 20 years due to an ageing population.

On average **63 people die** with kidney related disease every day.

Indigenous peoples are nearly **four times** more likely to die from kidney disease.

1 in every 6 hospitalisations in Australia are due to kidney disease.

Diet and lifestyle, genetics and social factors have pushed us to the verge of a national **health crisis**.

Kidney preservation through **early detection**

Improving early detection through increased **awareness**

Early detection is our greatest weapon in the fight against kidney disease. In 2021, we continued our efforts to improve early detection through increased awareness of the risk factors for kidney disease and the impact of the disease on those affected.

#nofilter campaign

Our #nofilter awareness campaign on early detection has achieved significant engagement with the broader community.

The campaign is directed at the 1.5 million Australians currently living with the early signs of kidney disease. Specifically, it targets those people with high blood pressure and diabetes. Since the campaign launched in late 2020, it has reached over 12 million Australians at risk of kidney disease, engaged over 210,000 people to find out more, with over 65,000 completing our risk test to understand their risk factors.

In 2022, we will continue to engage the at risk community particularly those with diabetes and high blood pressure to understand their risk factors, take the kidney risk test and see their GP for a Kidney Health Check.



Why early detection is vital

Jaime's story

Jaime's kidney disease journey began when she was pregnant with her third child. Having already endured two difficult pregnancies with severe pre-eclampsia, she was hopeful her third would be different. However, it wasn't until she was 33 weeks into her third pregnancy that her health would go into a downward spiral.

With her blood pressure rising, Jaime's GP informed her that he had given her the maximum amount of 'safe' medication. For the safety of Jaime and her unborn child, it was decided that the safest option was to deliver her baby early in an effort to reduce her blood pressure. Her baby was delivered safely, but her blood pressure didn't drop. Tests for a suspected heart problem came up with no answer. On the surface, Jaime appeared to be in perfect health.

Further testing revealed her kidneys were failing. At only 30, Jaime's life was put on hold. She immediately started haemodialysis and her husband became her carer overnight.

Since her diagnosis Jaime has been working hard to get her body prepared for the hope of a future kidney transplant. She has also been working with us to spread the word about the critical importance of early detection.

In November 2021, we launched the latest phase of our #nofilter campaign featuring the young mother of three. In the campaign, Jaime bravely detailed her ongoing battle with kidney disease, and her hope for a brighter kidney future. We are humbled by Jaime's openness in sharing her story of developing kidney disease and encouraging at risk Australia to speak to their GP about a kidney health check.

“ *I remember being numb. I barely remember what was said that day. All I could think is how I hadn't yet raised my kids. I want to encourage anyone that is at risk or has minor symptoms to speak with their GP and get a Kidney Health Check. It could save your life.* ”

Jaime Garland

#nofilter campaign reached over **12 million** Australians.

Improving early detection in primary care

Since 2001, the primary care education program has provided primary care workers (GPs, nurses, Indigenous health workers, and pharmacists) with education, tools and resources, and quality improvement programs to drive the implementation of early detection and best practice management of chronic kidney disease.

All our educational materials are developed in consultation with our Primary Care Education Advisory Committee (PEAK) for Kidney Health Australia, chaired by Professor David Johnson.

In 2021, our primary health education team educated and trained 4,522 primary care health professionals on increasing kidney disease diagnosis in the primary care setting. While existing and new treatments are highly effective at detecting and treating kidney disease, they are often under-utilised.

Through our education program, we are able to better connect primary care providers with the tools they need to better support their patients living with kidney disease. We were pleased to launch a number of new initiatives and tools this year, including new reports, critical updates to our popular publications, and revised clinical content.

26,000 copies of the 4th edition CKD Management in Primary Care Handbook purchased or downloaded.

Message from our Clinical Director

As I approach the end of my first year as Clinical Director, I am continually inspired by the depth of work Kidney Health Australia does and the dedicated community it has around it.

In 2021, the COVID-19 pandemic remained front and centre as the Delta and Omicrons variants surged. While the rapid and widespread uptake of COVID-19 vaccinations offered glimmers of hope, the largely unpredictable nature of the virus meant extended lockdowns persisted across the country, further isolating patients, families and communities from each other and the services they rely on. In response, the Kidney Health Australia team stepped up their efforts to keep our community informed and safe.

While the Kidney Health Australia team will continue to support our wider health care efforts nationwide, we do have one immensely powerful intervention in our favour: early detection. Early detection of kidney disease gives voice to what is a silent disease and one of the biggest killers in our nation. Early detection is empowering for individuals and healthcare providers alike. With early knowledge of the risks, those affected by kidney disease can work more effectively with Kidney Health Australia, their doctor and other health professionals to live their best life.

I am grateful for the opportunity to contribute to the mission of Kidney Health Australia and our shared vision of good kidney health for all.

Prof Karen Dwyer, Clinical Director
MBBS; PhD; FRACP; FASLM

Consumer and clinical webinars

“ *I feel more confident after your webinar and my patients will benefit, thanks to everyone involved.* ”

Webinar participant

National Health Professional Webinar Series

In 2021, we launched our health professional webinar series to keep practitioners up to date on diagnosing and treating kidney disease in their practices.

The focus of the webinar series was the detection and management of kidney disease and related chronic conditions, such as diabetes and cardiovascular disease. Throughout 2021, we held 10 webinars with topics including:

- CKD in Aboriginal and Torres Strait Islander peoples
- Diabetic kidney disease
- Impact of CKD in older people
- How to work with a nephrologist for late-stage kidney disease.

Over 2,900 participants attended these sessions from diverse health backgrounds ranging from GPs and nurses through to allied professionals and specialists. The feedback was very positive with participants also indicating that these changes will see them be more proactive in the early detection and management of CKD in their practices.

We will continue to offer our National Health Professional Webinar Series throughout 2022 with topics that respond directly to the surveyed needs of health professionals caring for people with CKD. We will also be offering the series as a Royal Australian College of General Practitioners (RACGP) accredited education series, meaning health professionals will obtain professional development hours through their participation.

We extend our thanks to members of PEAK, our clinical advisory committee and expert nephrologists and presenters who continue to help us to deliver this vital and evidence-based educational content.

Developed and delivered **10 webinars** as part of National Health Professional Webinar Series, reaching over **2,900 health professional participants.**

99% of National Health Professional Webinar Series attendees would recommend webinars to their colleagues.

“ *Well-structured, good topic coverage, mix of visual and interactive presentation features.* ”

Webinar participant

Driving early detection through **highlighting the link** to diabetes and heart disease

'Make the Link – Kidney, diabetes and heart' report

In 2019, Kidney Health Australia identified the need for a comprehensive evidence report on the links between CKD, diabetes and heart disease to underpin the awareness and management of these interlinked conditions. 18 months of hard work culminated in the finalised 'Make the Link – Kidney, diabetes and heart' report.



The report has been vital to further driving the early detection of CKD in people with diabetes and cardiovascular disease.

Launched during Kidney Health Week, the 'Make the Link – Kidneys, Diabetes and Heart' report revealed a number of startling facts including:

- Over half of all kidney failure cases in Australians are caused by diabetes and hypertension
- An estimated 29% of the Australian population have one or more of these conditions
- The number of Australians at risk of chronic kidney disease is on the rise due to our ageing population and risk-factor trends.

The report was released alongside our #nofilter campaign to reach even more at-risk Australians with the message to check their risk of kidney disease.

Make the Link report reached **2.3 million** Australians during Kidney Health Week.



Driving early detection and treatment in **indigenous communities**

Indigenous communities are disproportionately affected by kidney disease. Indigenous people are twice as likely to get kidney disease than non-indigenous people. They are also four times more likely to die with kidney related disease than non-Indigenous people.

In 2021, Kidney Health Australia continued its work with the CARI team, Indigenous health groups, consumers and advocates to inform the planned CARI Guidelines for evidence-based management of chronic kidney disease (CKD) for Aboriginal and Torres Strait Islander peoples. By the end of 2021, the CARI Guidelines had reached another important milestone. Following an extensive consultation process with clinical and community representatives, the associated reports were finalised and tabled for reference and consideration in drafting the guidelines.

The CARI Guidelines Project Team completed the following key activities during this period:

- Systematic review, expert searches and synthesis of evidence base.
- Implementation of a cultural framework and community engagement plan to provide input and feedback on draft guidelines topics to the writing group
- Development of the draft health practitioner and consumer guidelines.

Once completed, these guidelines will then be translated, produced and developed into appropriate formats (written, video, digital, other) and associated resources to facilitate implementation and use nationally. The team at Kidney Health Australia will continue to provide essential governance and advisory group support throughout the life of this vital community awareness project.

CARI Indigenous Guidelines drafted with the support of the CARI Guidelines team and various clinical and community-based writing groups.

For more information on our work with CARI visit **cariguideines.org**

Connecting our community

An important part of our work is connecting our kidney community to support, resources and to each other so they are equipped to deal with the daily challenges of living with kidney disease.

Connecting peers through the Kidney Buddy Program

The Kidney Buddy Program is a peer support program designed to connect individuals living with kidney disease. The program provides a way for deeper connections in the kidney community between members who share a similar lived experience.

Developed and launched in June 2021, the program has proved to be immensely popular. Anyone living with or caring for someone with chronic kidney disease can request a Kidney Buddy.

With the success of the Kidney Buddy Program trial, we are excited to offer this service in 2022. We aim to increase the number of pairings through further promotion and communication of this service to the kidney community and associated healthcare services.

We thank consumer advocates Peter Williams and Nicole Scholes-Robertson for their assistance with co-design and feedback on program development and our increasing consumer network for volunteering to support this new Kidney Buddy Program.

“*This was an exceptional pairing. Being the same age and gender, the similarities in what is important to us really helped us become good friends. This will definitely be an ongoing relationship.*”

Kidney Buddy volunteer

Successfully completed
34 pairings at the
end of 2021 evaluated at
> 90% satisfaction.

79 volunteers
trained to become
Kidney Buddy mentors.

The value of peer connection

Max and David's story

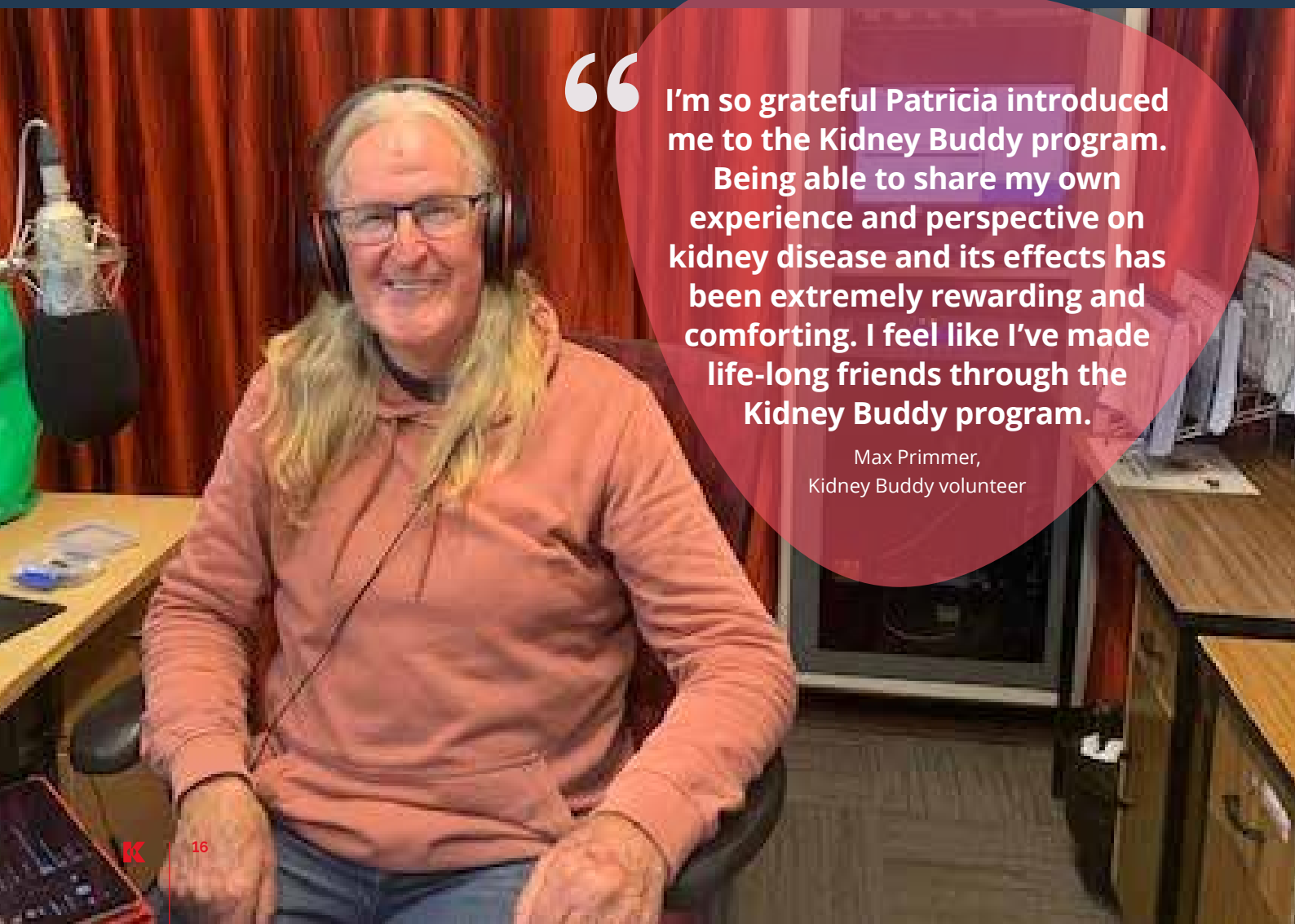
Max started dialysis in 2009 at Ballarat Hospital Renal Service which began a lifelong relationship with both the healthcare team and patients. Max bonded with one nurse in particular, Patricia Coutts who he met on his first day of dialysis.

Thankfully, Max received a kidney transplant in 2012, but that didn't stop his visits to Ballarat hospital as a volunteer, visiting patients and driving people to and from treatment. It was one such visit that Patricia, new to her role as a Kidney Health Nurse Ambassador, suggested he join Kidney Health Australia's new Kidney Buddy program. She thought Max's experience could help others feel supported and understood throughout the often-isolating journey with kidney disease.

Max jumped at the chance to become a Kidney Buddy, eager to lend an ear to others (outside of Ballarat hospital) who were experiencing the effects of the disease.

Max was joined with Kidney Buddy David, who lives in Melbourne. Not only do they share their kidney journey experiences with each other, but they have also discovered they have a love of similar music.

Max presents on community radio in Bendigo and David and his wife now send through music requests every week! As well, Max and David are looking to have regular discussions about kidney health on air, after an initial on-air chat had a positive response from listeners. Both Max and Patricia have continued to promote the Kidney Buddy program along with other Kidney Health Australia programs, services and resources.



“ I’m so grateful Patricia introduced me to the Kidney Buddy program. Being able to share my own experience and perspective on kidney disease and its effects has been extremely rewarding and comforting. I feel like I’ve made life-long friends through the Kidney Buddy program.

Max Primmer,
Kidney Buddy volunteer

Connecting patients through **Nurse Ambassadors**

The Kidney Health Nurse Ambassador Program is a new volunteer program to better connect people on dialysis with our resources and programs. A joint initiative between Kidney Health Australia and the Renal Society of Australasia (RSA), the program empowers RSA nurses to further enhance awareness of kidney disease within their local communities.

Its launch attracted 46 renal nurses to volunteer as Kidney Health Nurse Ambassadors. We intend to build on this early enthusiasm and attract more RSA nurses to become involved in the program for years to come.

The successful launch of the trial program should see it continue to grow into 2022. We look forward to working closely with the RSA to support more renal units and nurses to become Ambassadors in our network. Our goal is to achieve Ambassador representation in over 100 renal units nationally across each state and territory.

“ *Being involved with the program has allowed me to share my experience as a Renal Nurse with new nurses, while also picking up some new information and skills from colleagues. It's an invaluable skill sharing program.*

Patricia Coutts, Kidney Health Nurse Ambassador volunteer

46 registered Ambassadors inducted into the program across **43 renal units** around Australia.



Connecting our Kids and Youth

Kidney disease can develop at any age or stage of life. When kidney disease happens to a child or young person, it can have devastating effects ranging from negative self-image and esteem, behavioural or learning problems, through to the physically debilitating impacts of dialysis.

Our Kids and Youth Program aims to improve overall health outcomes for children and young people aged 0-24 years living with kidney disease, and the wellbeing of their parents and carers. Throughout 2021, the Kids and Youth Program focused on helping young people stay connected through a number of virtual events and a face-to-face event in Perth. Thirty-two families enjoyed quality time together and bonded over the challenges of the past two years. In 2022, Kidney Health Australia is focused on building a more comprehensive program of support for young people and their families.

32 families connected through Kidney Es-capers events.



“ This was a great event and was worth travelling the 400km for.

Geraldton family attending Perth event



A **lifeline** for people at all stages of their **journey**

Kidney disease is a lifelong disease without a cure, so we ensure that no matter where people are in their kidney disease journey they can turn to us for information, care and support when they need it most.

Big Red Kidney Bus supports COVID-19 vaccination rollout

During 2021, our NSW bus pivoted to provide vital support to the NSW government as part of the vaccination program rollout. The Bus relocated to Bankstown and served as a vaccination hub, where 1,262 Covid-19 vaccines were administered over a 42 day period.

Meanwhile, our Victorian Big Red Kidney Bus was able to provide holiday dialysis in three locations before lockdowns forced the cessation of the remaining program. Thanks to our clinical partners, Royal North Shore Hospital and Monash Health for their ongoing support and involvement. Consumers booking into destinations in NSW for 2022 will receive dialysis support onboard a brand new Bus to be launched in the new year thanks to the support of AstraZeneca, Toronto Lions, the Australian Lions Foundation and the Elderslee Foundation.

Royans Coaches, based in Brisbane, has worked closely with Kidney Health Australia and Royal North Shore Hospital to turn the Bus into a state-of-the-art mobile dialysis unit.

16 patients and loved ones offered accommodation at Transplant House locations.

Transplant Houses offer free accommodation

Our Kidney Transplant Houses provide a home away from home for regional and rural Australians travelling to city centres for a life-saving transplant.

While transplant operations were reduced due to the pandemic, we were able to offer 16 patients and their families a home away from home for 6-8 weeks as they recovered from their transplant procedures.

We will continue to offer this vital service in 2022. Thanks to the Emorgo Foundation and Faith Housing for their continued support and provision of accommodation for our Transplant House Program.

Geoff leaves a **lasting legacy** for others

It was the dying wish of Geoff Kirkland to raise as much money as possible to support the mission of Kidney Health Australia. Even in his final months battling kidney disease, Geoff dedicated himself to creating a legacy of giving, community and hope that would live beyond him.

A strong advocate for the Big Red Kidney Bus, Geoff was determined to do everything he could to secure funding for this life-giving program that is relied on by so many patients and families. Geoff's story touched and overwhelmed so many in the kidney and wider health community.

In the final months of Geoff's life, \$250,000 was donated in his honour. AstraZeneca was so moved by Geoff's advocacy to see a new Bus on the road in NSW, they provided the remaining funding to secure the refurbishment. Upon hearing the news, Geoff felt he had finally done enough to raise awareness about kidney disease and decided to spend one last special Christmas with his family.

He passed away in late January 2021, surrounded by his loving family. Geoff's legacy of giving would still continue through his loving family who raised a further \$1400 for the Big Red Kidney Bus, through asking for donations in lieu of flowers at his funeral.

We're indebted to Geoff and his entire family for their support and continuing generosity. As Geoff's son John said at his funeral, "Geoff was a giver of good gifts, he liked to give good gifts. Practical, purposeful gifts..."

“Family memories are made on holidays and I would rather be 'a part' of them rather than being 'apart' from them.

Geoff Kirkland

To find out more about our **Bus** or **Transplant House** program call us on **1800 454 353** or email **careteam@kidney.org.au**



Kidney Helpline offers a lifeline to thousands of Australians

Many times when people receive the shocking news of a kidney disease diagnosis they are overwhelmed and unsure about what to do next. That's where our Helpline has proven to be a lifeline year on year.

For decades, the Helpline has provided a strong and trusted health information service to consumers looking for health information on disease diagnosis, management and treatment. At a time of great uncertainty during the pandemic, many vulnerable members of the community accessed the Kidney Helpline to provide reassurance and guidance on living with kidney disease and COVID-19, making informed choices about vaccination requirements, and other health-related considerations.

Looking ahead, we hope to get the word out to more kidney consumers about this incredible free service. By connecting the Helpline service through our referral pathways, such as our Kidney Health Nurse Ambassadors and Kidney Buddies programs, we will reach more consumers when they need us most.

“*Amanda. I am truly touched by your help today. I am following through the links and services you gave me and will see my sister gets the care she deserves for whatever time she has. I have made an appointment with a GP for a follow up. Thank you again.*”

Jeff, November 2021

Helpline enquiries increase by **21%** compared to 2020.

97% of enquirers reported being 'satisfied' or 'very satisfied' with their Kidney Helpline experience.

2000 health-related phone and email enquiries attended to in 2021.

No matter what stage you are at as a person living with kidney disease, our trained **Kidney Helpline** health professionals are here to help. The Helpline operates 9-5pm AEST, Monday-Friday. Free call the **Kidney Helpline** on **1800 454 363**

Helping our community make informed **choices**

New consumer resources on CKD and anaemia

About half of all people with CKD also have anaemia. Anaemia is a symptom that impacts quality of life and overall health outcomes. Similar to CKD, it often goes undiagnosed and untreated. The dual burden of kidney disease and anaemia need to be tackled in tandem, with the raising of community awareness key to achieving this outcome.

In early 2021, we identified a need to improve and expand the information on CKD and anaemia available to the kidney community. To address this need, a once off CKD & Anaemia project was enacted to expand on the existing CKD and anaemia material and support Kidney Health Australia's credible voice strategy by providing evidence-based, consumer level information that was digestible and approachable.

This program culminated in a number of resource updates including:

- New website content including newly developed diagrams, icons and hero images to complement the content
- A patient fact sheet
- A health professionals webinar with 141 registrants.



Updated consumer resources

New resource updates:

- 'An introduction to Comprehensive Conservative Care' was updated and replaced by 'An introduction to Supportive Care and Symptom Management'
- 'An introduction to Peritoneal Dialysis', 'An introduction to Haemodialysis', and 'An introduction to Kidney Transplantation' were all updated, printed and uploaded to the Kidney Health Australia website for purchase and download
- The 'Back on the Menu 3rd edition' was released and reprinted for sale through our online shop.



Volunteers help us deliver vital support

Volunteers are an invaluable part of the Kidney Health Australia network. They help staff our Helpline, work with our teams to deliver life-saving outreach programs, and directly assist with fundraising efforts across the organisation.

Our volunteer network is involved at every level and function of Kidney Health Australia. Many have lived experience with kidney disease, care for someone who has been affected by it, or have lost a loved one to it. Others simply have a willingness to assist with this compelling cause. Together, this life-giving network freely offers their time across all areas of the organisation.

Over **120 volunteers** were inducted into two new initiatives including the Kidney Buddy Peer Support and Kidney Health Nurse Ambassador programs.

367 volunteers supported services, programs, appeals, and events including our Red Socks Appeal, Events and Walks, Kids and Youth, Transplant House, and Kidney Helpline programs.

“*As a long-serving volunteer at Kidney Health Australia, I am happy to be getting back out in the community to help raise funds for this incredible organisation.*”

Joy Roberts, SA KHA volunteer, Adelaide Kidney Club, Adelaide Red Socks Walk Committee and Kidney Buddy



Volunteers help us to save the lives of those living with kidney disease and provide support for families, loved ones, carers and the wider kidney community. Apply to volunteer with us by calling **1800 454 363** or email **volunteering@kidney.org.au**

Investing in our kidney future

Our hope for a future free of kidney disease

On average, 63 people die every day with kidney related disease. There is no cure and life-saving treatments are limited. 1.7 million Australians are affected by the disease, of those 1.5 million are unaware they even have the disease. Seven million Australians are also at risk of developing the disease. This is a health crisis of near epidemic proportions.

The funding support we receive from our donors, fundraisers, corporate and government partners allows us to provide immediate care and support for those living with the disease and to raise awareness. Ultimately, we need to find a solution to this disease that compromises and shortens so many people's lives.

Since 1968, Kidney Health Australia has raised funds and distributed more than \$30 million towards kidney research in Australia. Our research program mission is to reduce the impact of kidney disease on all Australians through the support of research. Our hope is one day for a future free of kidney disease. Together, we can continue to work to turn this hope into a reality.

Expanding our research horizons

An exciting new research collaborative to launch in 2022.

In partnership with the Australian and New Zealand Society of Nephrology (ANZSN), we are forming Australia's newest research collaborative. The collaborative was developed in response to priorities outlined in the National Strategic Action Plan for Kidney Disease.

The collaborative is designed to increase strategic investment, foster cross-collaboration, promote discovery and translate emerging research into real world outcomes in nephrology. We will engage with key stakeholders within Australia and internationally to ensure we remain at the cutting-edge of research.



Research Grants **awarded** in 2021

Kidney Health Australia Research prioritises research in three areas:

- **basic science**
- **psychosocial**
- **clinical science/population health.**

In line with our consumer focus, the Kidney Health Australia Research Grant Program prioritises projects that clearly demonstrate consumer and/or community involvement, or engagement at some or all stages of the research cycle. In March of 2021, we were pleased to award our 2021 research grants on the topic of *Preventing the Progression of Chronic Kidney Disease (CKD)*.

Successful projects for the 2021 funding round were:

Therapeutic targeting of cellular senescence to prevent progression of chronic kidney disease

A/Prof Greg Tesch,
Monash University

When kidneys experience physical stresses (e.g. increased blood pressure, reduced blood supply) or biochemical stresses (e.g. diabetes), some kidney cells undergo premature ageing. This prevents them from functioning normally and reduces their ability to regenerate or be repaired. Accumulation of these prematurely aged cells makes kidneys more susceptible to injury, promotes ongoing injury and prevents kidneys repairing themselves, which can allow kidney injuries to develop into progressive chronic kidney disease.

Our project will examine whether combining two therapies, one to remove existing prematurely aged cells and another to inhibit new ones from developing, can prevent the progression of chronic kidney disease.

Slowing kidney disease with weight loss: a randomised controlled feasibility study

Dr Helen MacLaughlin, Queensland
University of Technology

Obesity affects 1 in 3 people in Australia. Extra weight causes kidney damage and makes existing damage worse.

Together with people with kidney disease, we've designed a weight-loss program using meal replacements plus expert support for maintaining weight loss. This study tests the acceptability of the program in 50 people with kidney disease and obesity. Half the group follow the weight-loss program, while the other half continue with usual kidney care.

Our findings will deliver a program for use in future studies of weight loss on slowing kidney damage.

Stem cell-derived exosomes prevent the progress of chronic kidney disease (CKD)

A/Prof Xin-Ming Chen,
The University of Sydney

Chronic kidney disease (CKD) is caused by diabetes, hypertension, obesity, and ageing. Current clinical treatments for CKD are largely ineffective in preventing the progression of CKD. With kidney failure, kidney transplantation and dialysis are the only options in clinic, which results in a significant burden on the health system.

Our pilot studies have shown that stem cells produced small particles called exosomes, which prevent the progress of kidney damage caused by a large dose of folic acid in mice. This project aims to systematically investigate if these exosomes prevent kidney damage in other animal models of CKD.

How our **research support** improves lives

In 2016, Professor Rachael Morton was awarded a research grant from Kidney Health Australia to fund her project, the Symptom Monitoring With Feedback Trial (SWIFT) study.

Professor Morton's research focused on how symptom monitoring by patients with feedback to kidney healthcare clinicians might improve the lives of people on dialysis. In collaboration with ANZDATA and the NHMRC Clinical Trials Centre at the University of Sydney, the SWIFT project focused on two key elements: improving health-related quality of life and overall survival among adults with end stage kidney disease on haemodialysis.

The main goal of this study was to assist time-poor clinicians to conduct more extensive and systematic symptoms monitoring of patients. By including a kidney consumer as one of the chief investigators, the pilot study was also able to keep the research truly patient-centred, a key motivator for Morton and her team.

Modelled off similar research done among cancer patients, kidney patients conducted self-reporting of their symptoms which was then relayed to their healthcare team. This direct feedback loop highlighted symptoms more quickly for quicker analysis by the care team. As a result, patient consultations with their clinicians were more meaningful and resulted in improvements in medication changes in light of any adverse reactions, quality of life indicators, and overall treatment outcomes.



Now in its final recruitment phase, the main national trial will run for 12 months in 130 satellite public and private dialysis units in metropolitan, rural and regional areas. With research scheduled to wrap up at the end of 2025, Professor Morton is excited about how the SWIFT findings can change the care landscape for kidney health in Australia.

“To improve patient reported outcomes (PROMs), we need to prioritise more innovative, pragmatic or adaptive platform trials. Through this study we hope to shift the needle and transform the current consultation process between patient and nephrologist.”

Armed with a list of patient symptoms, treating nephrologists can prioritise them, making them the basis of their consultations. It is the hope that this refocus can lead to improving people's quality of life through listening first to patient symptoms, changing management plans, and overall reducing symptom burden.

“***The Kidney Health Australia project grant in 2016 was instrumental in getting this main trial off the ground. By setting up the intervention for this trial around patient outcomes, we hope to spark further conversation around what's really important to a patient in their healthcare journey.***”

Professor Rachel Morton, Director, Health Economics & Health Technology Assessment –
NHMRC Clinical Trials Centre, University of Sydney

How your **support** makes our **work** possible

We couldn't do the work we do without the ongoing support of our donor community. All our donors are vital to ensure 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.

In 2021, thanks to your generosity, we raised an incredible **\$5.2 million** across all our community fundraising campaigns, including our Kidney Kids Giving Day and Red Socks Appeal.



The ride of a lifetime: Inesh's story

Kidney disease has been a part of twenty-nine-year-old Inesh's life for close to a decade. At the age of 20, he received a kidney transplant from his mum. Sadly, after only four years, his body rejected the kidney and Inesh started back on dialysis three times a week.

2020 was a particularly challenging year for Inesh and his health. Prior to a routine doctor's appointment, his sister found him unresponsive in his home. His heart had stopped. His sister managed to keep him alive using CPR until the ambulance arrived and rushed him to hospital.

For two weeks, Inesh clung on thanks to life support. Once off life support, he endured many more weeks in hospital learning how to walk and talk again. Inesh is still recovering, however, he has come a long way. His muscle mass and coordination are returning, and he's also starting to regain his independence.

Through these immense health challenges, Inesh has been supported by an inspirational group of friends. Upon seeing the impact of this disease on Inesh, those closest to him decided to take action. They completed a non-stop 24-hour cycling challenge to show their love for Inesh and raise money for his treatment. Together, they raised an incredible \$38,000. Even more remarkable, they have chosen to donate 50% of proceeds to Kidney Health Australia to support our vital services for kidney patients and families.

We thank Inesh and his friends for sharing their story and for inspiring fundraising efforts.

If you would like to fundraise on our behalf please email us at fundraise@kidney.org.au

Kidney Kids Giving Day

The money raised on Kidney Kids Giving Day helps us provide kids the vital support they need to navigate their journey with kidney disease.

Held over 24 hours, Kidney Kids Giving Day campaign is a chance for the public to double their support to help fund the Kids and Youth Program, ensuring kids and young adults receive the support they deserve to live their best life.

The life-changing outcomes of this campaign would not be possible without the generosity of our partner organisations. Special thanks goes to:

- MAST Foundation
- The Betsy and Ollie Polasek Foundation
- The Gaudry Foundation
- Lowe Financial Group.

Aleia's story

Aleia has lived with chronic kidney disease since the age of three. She has experienced multiple days in ICU, countless surgeries, infusions, blood tests and ultrasounds.

Aleia has had both of her kidneys removed, undergone a kidney transplant from her mother, and has plasma exchanged once a week. Throughout it all, she has been supported by the Kidney Kids and Youth Program, attending state-based activities and the Kidney Kids Camp.

“**Aleia still talks about the camp in Queensland and the friends she made over 4 years ago. She came back with so many happy memories. It was her first time on a plane and travelling without us, so it gave her confidence.**

Laura, Aleia's mum

Over **\$165k raised** in 24 hours to support the Kids and Youth Program.



Every donation helps us to deliver vital support services to people affected by kidney disease. Make a donation today **kidney.org.au/donate**

Community connecting to help others



Kidney Health
Red Socks Appeal
Wear a pair to show you care

Over **4,000 supporters** for our second Red Socks Appeal including donations, merchandise, and participants.

Our inaugural Red Socks Appeal in 2020 raised \$96,000 and had 1,000 supporters. In its second year, we exceeded all funding and participation expectations, raising an astounding **\$314,000** from over 4,000 supporters.

The Red Socks Appeal is the major annual event that brings our kidney community together through one common goal: to raise vital awareness and funds for kidney disease. The socks are a conversation starter to raise awareness of the impact of dialysis and that people need to get their kidneys checked before losing their kidney function and requiring dialysis.

As part of this year's Red Socks Appeal, thousands took to the streets decked out in red at their local Red Socks Walk in Brisbane and Adelaide. We also had people participate in our first ever virtual Red Socks Walk.

“ *Kidney health is something I absolutely don't take for granted.* ”

For this year's Red Socks Appeal, we had celebrity Ambassador Michala Banas leading the way in her red socks as our Kidney Health Australia Ambassador.

At the age of 6, Michala had most of her left kidney removed in a life-saving operation. She was born with a duplicated ureter (the tube from the kidney to the bladder) that wasn't discovered until her body had nearly poisoned itself to death. Michala is keen to shine a light on kidney disease and is urging Australians to show their support for the Red Socks Appeal for many years to come.



Our **Bequests Program** leaves invaluable legacies

A Bequest is a simple yet powerful way to leave a gift in your Will for generations to come. Leaving a bequest is the ultimate gift. It helps to ensure life-changing services are available for Australians living with kidney disease, when they need it most. For over 50 years, we have gratefully received millions of dollars in bequest gifts from generous supporters.

In 2021, we received over \$2million in Bequest gifts realised from generous supporters. These gifts will empower our vital programs and services, and provide much needed funds for ground-breaking kidney research. We are continually grateful for this support which helps to ensure a sustainable future for Kidney Health Australia.

This gift of love: Teresa and Dom

Each year is a double blessing for Teresa and Dom. Teresa's husband, Dom, is now celebrating 24 years since his kidney transplant operation in 1998. In 1993, Dom began to feel unwell. By the time he saw a doctor and had a range of tests done, it was late 1993. Dom was diagnosed with nephritis.

Being a 99% match, Teresa made the decision to donate a kidney to Dom. The operation occurred the day before their wedding anniversary in March 1998. Each year the anniversary comes around, it is a double blessing, for their marriage and Dom's new life.

Teresa and Dom have both made the decision to leave a gift in their Will to Kidney Health Australia, to give back the gift that was given to them.

“Kidney Health Australia does an amazing job. They are always ready to help people to learn to live with kidney disease. I want to ensure that support continues for people when they are diagnosed with kidney disease, and when they are facing a transplant.”

Teresa, Bequest donor

Your support, legacy and generosity can ensure that future generations no longer fear kidney disease. If you're considering leaving a gift to Kidney Health Australia in your Will, please email **bequests@kidney.org.au**

Our **financial** position

For the last three years we have worked towards our goal of financial sustainability across the organisation. Thanks to a combination of careful investment in valued community programs, astute expenditure management, and more diversified forms of funding, we reported a surplus at the end of 2021.

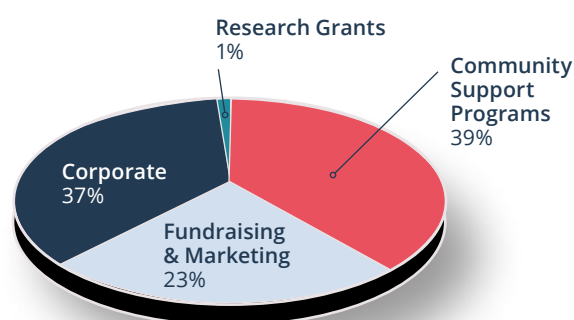
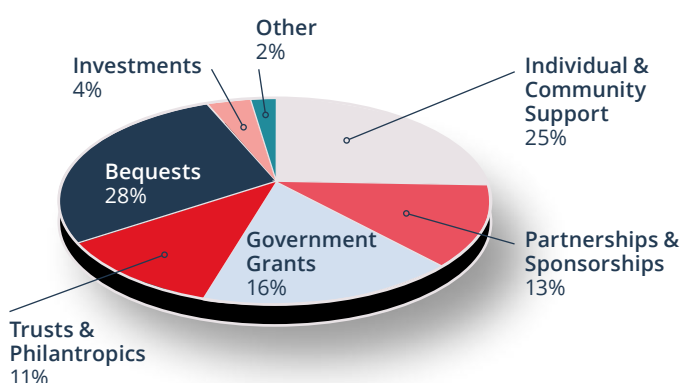
Some of our planned community programs were deferred in 2021 due to COVID-19. This contributed directly to the surplus. We were able to isolate those funds and we will expend them on kidney community programs and research in 2022.

2021 Revenue

Individual & Community Support	\$ 1,866,056
Partnerships & Sponsorships	\$ 922,957
Government Grants	\$ 1,202,121
Trusts & Philantropics	\$ 805,799
Bequests	\$ 2,073,539
Investments	\$ 290,801
Other	\$ 156,964
Total	\$ 7,318,237

2021 Expenses

Community Support Programs	\$ 2,304,177
Fundraising & Marketing	\$ 1,371,784
Corporate	\$ 2,169,971
Research Grants	\$ 65,000
Total	\$ 5,910,932



For more information, you can view our complete financial statements on our website: kidney.org.au/annual-reports

Thanks to our **community**

To deliver high quality support to our kidney community we depend on the generosity of our supporters, the expertise of our dedicated clinical network, and feedback from our passionate consumer advocates. We'd like to thank the following consumer and clinical groups, donors, bequestors and corporate partners who contributed to delivery of our business initiatives in 2021.

Primary Care Education Advisory Committee for Kidney Health Australia (PEAK) Volunteers

Our Primary Education program would not exist without the dedicated nephrologists, GPs, renal nurses, Primary Care nurses and educators who make up PEAK.

- Dr Angus Ritchie, NSW
- Dr Caitlin Sum, SA
- Dr Chris Bollen, SA
- A/Prof. Craig Nelson, VIC
- Prof David Johnson (Chair), QLD
- A/Prof. Ivor Katz, NSW
- Dr John Saunders, NSW
- Ms Kathy Godwin, NSW
- Prof. Kevan Polkinghorne, VIC
- Dr Leanne Brown, QLD
- Mr Peter Williams, VIC
- Dr Richard K S Phoon, NSW
- Prof. Robyn Langham, VIC
- Dr Sheena Wilmot, NSW
- A/Prof. Shilpa Jesudason, SA
- Mr Tim Perry, NSW
- Prof. Tim Usherwood, NSW
- Ms Wendy Shepherdley, VIC

Kidney Health Australia Yarning Kidneys Advisory Group

- Prof Alan Cass, NT
- Mr David Tunnicliffe, NSW
- Dr Janet Kelly, SA
- Dr Karen Dwyer, VIC
- Dr Martin Howell, NSW

- Ms Nadine Blair, ACT
- Dr Rathika Krishnasamy,
- Dr Richard Phoon, NSW
- Ms Rochelle Pitt, ACT

Clinical Advisory Committee

- Prof Andrew Mallett, QLD
- Ms Carla Scuderi, QLD
- Ms Debbie Pugh, NSW
- Anne Durkan, NSW
- Prof Karen Dwyer (Chair), VIC
- Dr Kelly Lambert, NSW
- Dr Pradeep Mishra, NT
- A/Prof Shilpa Jesudason, SA
- Mr Shyamsundar Muthuramalingam, SA
- Dr Veena Roberts, VIC

Primary Care Volunteer Presenters

- Dr Abrar Ali
- Dr Angus Ritchie
- Dr Aye San
- Ms Barbara Harvie
- Dr Belinda Stallard
- Ms Bridget Brown
- Ms Cassandra Stone
- Dr Chii Yeap
- Dr Chris Bollen
- Ms Debbie Pugh
- Ms Devinia Binell
- Dr Georgina Irish
- Dr Girish Talaulikar
- A/Prof Ivor Katz
- Dr James Collett
- A/Prof Jeffrey Barbara
- Dr Jessica Conway
- Prof John Kelly
- Dr John Saunders
- Prof Karen Dwyer
- Prof Kevan Polkinghorne

- Ms Kim Tracey
- Ms Krystal Roberts
- Ms Kylie Wyndham
- Ms Laura Lunardi
- Dr Leanne Brown
- Ms Lenny Jacoby
- Ms Lisa Shelverton
- Dr Malcolm Green
- Dr Mani Panat
- Prof Mark Thomas
- Prof Matthew Jose
- Ms Meg Pommeroy
- Ms Monique Borlace
- Dr Namrata Khanal
- Dr Pratish George
- Dr Prue Howson
- Dr Richard Baer
- Prof Robyn Langham
- Dr Sarah Jones
- Dr Shaundee Sen
- Dr Sebastian Hultin
- A/Prof Shilpa Jesudason
- Dr Stephen May
- Prof Stephen McDonald
- Mr Tim Perry
- Dr Venkat Manickavasagam

Thanks to the following individuals for assistance with adjudicating our 2021 research grants.

- Ms Breonny Robson
- Mr Chris Forbes
- A/Prof Ivor Katz
- Prof Kevan Polkinghorne
- Mr Peter Williams
- A/Prof Shilpa Jesudason
- Prof Tim Usherwood

Corporate Partners & Affiliates

Thanks to our generous pharmaceutical partners in 2021.

- Amgen Australia Pty Ltd
- AstraZeneca Pty Ltd
- Boehringer Ingelheim Pty Ltd
- Eli Lilly Australia Pty Ltd
- Fresenius Medical Care Australia Pty Ltd

Special Interest Consumer Group – Kids and Youth

- Bec Peters
- Chelsea Bury
- Cherie Conroy
- Julia Furey
- Kylie King
- Kylie Steel
- Luke Macauley
- Peter Murko
- Sharon Keeble
- Tamara Paget
- Thomas Klopccic

Adelaide Red Socks Walk Committee

- Chris King
- Chris Russell
- David Roberts
- Jason Size
- Jayne Westling
- Joy Roberts
- Kylie King
- Linda Christy
- Rebecca Mill
- Shyamsundar Muthuramalingam
- Tamara Paget

Brisbane Red Socks Walk Committee

- Benjamin Clun
- Brendan Foley
- Danni Felschow
- Graham Lee
- Jess Felschow
- Sarah Kirkham
- Simone Stunner

Melbourne Red Socks Walk Committee

- Ann West
- Jason Whiter
- Neisha Salvatore
- Symrin Oad
- Theresa Mangion

Kid's Camp Clinical Advisory Group

- Aimee Crawford, QLD
- Belinda Dooley, NSW
- Jill Farquhar, NSW
- Kath Boundy, SA
- Loren Shaw, VIC
- Dr Matthew Sypek, VIC (Camp Doctor)
- Melissa Dzankovic, VIC
- Paula Dempsey, WA
- Yogarani Jeyakumar, VIC

Clinical Youth Advisory Group

- Dr Anna Francis, QLD
- Luke Macauley, SA (Consumer)
- Prof Matthew Jose, TAS (Chair)
- Dr Nick Larkins, WA
- Dr Sean Kennedy, NSW
- A/Prof Shilpa Jesudason, SA
- Dr Thomas Forbes, VIC

Bequests Realised in 2021

We acknowledge and remember the following generous donors whose bequests were realised in 2021.

Estates

- Estate of Adele Hall
 - Estate of Allan Archibald Rowling
 - Estate of Bryan William Dowd
 - Estate of Claire Adelaide Woods
 - Estate of Denise Veronica Waudby
 - Estate of Dorothy Florence Kathleen King
 - Estate of Francesco Albano
 - Estate of Judith Kerr
 - Estate of Kenneth Graham Russell
 - Estate of Lawrence Malcolm Hunter
 - Estate of Margaret Jean Hunter
 - Estate of Maris Lagzdin
 - Estate of Mary Louise Mackinn
 - Estate of Norman William Steadman
 - Estate of Olive Lucy Curtis
 - Estate of Pauline Smedley
 - Estate of Peter Capon
 - Estate of Terry Wayne Heiner
 - Estate of Verna Estelle Rowland
 - Estate of Vincent Keith Pengilly
 - Estate of Violet Agnes Murray
 - Estate of Warren John Waudby
 - Estate of Yvonne Mavis Byrne
- #### **Major Donors**
- We wholeheartedly thank the following major donors for their generous support in 2021.
- Adam Scutts
 - Ahsan Zafar
 - Albert Manning
 - Alex Wegner
 - Andrew Smith
 - Andy Mak
 - Anthony Abbey
 - Barbara Cimetta
 - Bathurst RSL Club
 - Bernice Plunkett
 - Brett Courtenay
 - Brisbane Racing Club
 - Charles and Barbara Manning
 - Con and Jess Sheather
 - Dan Presser
 - Danielle Burroughs
 - David Kennedy
 - David Vincent
 - Debbie Ormrod
 - Dorothy Price
 - Elaine MacDonald
 - Elizabeth Ramsden
 - Emily Kavanagh
 - Fred Pham
 - Gabriele McDonald
 - Gavan Corcoran
 - Geoff Stein
 - Glenn and Helen Finnigan
 - Henry Foster
 - Jaime Nelson
 - Jason Kennett
 - Jill Lever
 - Jim Snelson
 - John Eastment
 - Karen Dooley
 - Kathy Sewell
 - Ken Gilbertson
 - Kevin Levine
 - Kris Promnitz
 - Len Jeffries
 - Lisa Osborn
 - Lowe Financial Lowe
 - Luke Snowdon
 - Nicholas Aitken
 - Paul Doyle

- Paul Nugent
- Peter Haeusler
- Peter Marriott
- Philip Abbott
- Richard Muirden
- Rita Andre
- Rosemary Campbell
- Sonya Lay
- Wendy Trevor-Jones

Trusts and Foundations

We are proud of our enduring connections with organisations who share our values and support us to realise our vision of a future free of kidney disease. We thank you for your ongoing generosity.

- 50-50 Foundation
- Australian Philanthropic Services Foundation
- CMI HINO
- Emorgo Foundation Pty Ltd
- L R Cazaly Trust Fund
- Miller Foundation
- Nancy Hannah Dorothy Penhallurick Fund
- Perpetual Trustees
- Pethard Tarax Charitable Trust
- State Trustees Australia Foundation
- The Barbara Luree Parker Foundation
- The Betsy and Ollie Polasek Foundation
- The Gaudry Gift
- The Isabel and John Gilbertson Charitable Trust
- The Jack Brockhoff Foundation
- The James and Hughes Charitable Trust
- The MAST Foundation
- The Stan Perron Charitable Foundation

Governance - Our Board Members

Prof Carol Pollock AO

MB, BS, PhD, FRACP, FAAHMS
Chair

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 a Director of the Photobionics Research Institute, Deputy Chair of the Australian Organ Tissue and Transplant Authority, Director of Certa Therapeutics and a member of the Council of NHMRC. Carol was appointed to the Board of Kidney Health Australia in 2014 and appointed Chair in 2017.

Peter Haddad, AO

MSc, BEc
Board member

Major General (Rtd) Peter Haddad retired from the Australian Army in 2005 after 38 years' service. He has held senior policy and management positions at Defence Headquarters in Canberra and in the Defence Acquisition and Sustainment Organisation. He commanded Support Command where he was responsible for the logistic support to all Army, Navy and Air Force units. His final appointment was as Chief of Logistics where he was responsible for supporting all Australian Defence Force operational deployments. In his post military career, he has held positions with the Commonwealth Games, as an Adjunct Professor at the Royal Melbourne Institute of Technology University and with the Victorian Government providing support to the defence industry sector. He is the principal of a consultancy company specialising in defence in defence industry, logistics and supply chain management. Peter was appointed to the Board of Kidney Health Australia in 2017 and was appointed as Deputy Chair in 2020.

PJ (Peter Jon) Hartshorne

Bsc Civ. Eng, MBA
Board member

PJ was appointed to the Kidney Health Australia Board in May 2008 and departed in May 2020. PJ served as Chair of the Finance Committee from 2017 until 2019 and was also a member of the Remuneration 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 Chair of Softball Australia.

David Parker, AM

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

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.

Monojit (Mono) Ray

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

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.

Rhonda Renwick

GradD BA, Bachelor of Sciences PSY, MAICD
Board member

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.

David Morgan

BA (Hons), M. Int. Law
Board member

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.

Dr Steve Francis

PhD, MA BA (Hons)
Board member (May – Dec)

Dr Steve Francis has worked as a senior manager in the not-for-profit sector in the areas of fundraising, government relations, advocacy, policy and strategy. With a PhD in anthropology and over 20 years' experience working with charities such as Australian Red Cross and the Centre for Multicultural Youth, Steve's expertise centres on creating bespoke fundraising and engagement solutions for the sector. For the past 10 years, he has focused on growing and managing technology businesses that create social good and generate sustainable revenue streams. Steve is a managing director and company secretary at FrontStream Pty Ltd, Australia's pre-eminent event fundraising platform. FrontStream is a for-profit business that supports charities to implement real fundraising solutions for peer-to-peer and online donations. Steve was appointed to the Kidney Health Australia Board in 2020.

Lachy Haynes

MS, GraD, B.Ec
Board member (May – Dec)

As a partner at PwC, Lachy advises participants in the renewable energy, waste and water markets on strategic decarbonisation and circular economy opportunities. Within PwC's Infrastructure Lead Advisory (ILA) Group, Lachy is heavily involved with project development and financing, market entry and expansion, and commercialisation. Lachy has a global perspective, having lived and worked in London and Santiago for over ten years. He contributes his commercial acumen, systems thinking and creative mindset to the Kidney Health Australia Board. Aside from his professional background and current position at PwC, Lachy brings personal experience to his role at Kidney Health Australia having lived with chronic kidney disease prior to a kidney transplant in 2006. Lachy was appointed to the Board of Kidney Health Australia in 2020.

Sandy Chakravarty

GAICD, CPA, MBA, MEcon, BEc
Board member (May – Dec)

Sandy is a highly experienced strategic leader, non-executive and executive director with global and Australian experience spanning more than 25 years. She has senior executive and board experience in diverse sectors including health care, professional services, government and not-for-profit. Sandy is also an accomplished chair of audit, risk and finance committees and has previous board experience at the International Women's Development Agency, Link Community Transport, Eating Disorders (VIC), the National Association of Women in Operations and the Australian Red Cross Blood Service. A highly regarded and collaborative leader, Sandy is capable of steering organisations to growth in a sustainable way and helping them to harness change through technological and business transformations. She is an adaptive thinker, good at connecting the dots to evaluate options to deliver outcomes to manage risk. Sandy was appointed to the Board of Kidney Health Australia in 2020.

How **you** can support us

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 kidney.org.au/give-monthly

Leave a gift in your Will

Leaving a Bequest to Kidney Health Australia is your gift to the next generation. Your gift could help save the lives of future generations and free others from the challenges of kidney disease.

To find out how to leave a Bequest to Kidney Health Australia, visit: kidney.org.au/bequests

Make a donation

Every donation helps us to deliver vital support services to people affected by kidney disease.

Donate today!
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 information call us on **1800 454 363** or email 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 kidney.org.au/teamkidney

Get involved with the Red Socks Appeal

Wear a pair to share you care! Join in a local walk event or simply wear a pair of socks to spread awareness about kidney disease.

Find out more about the upcoming 2022 appeal at redsocksappeal@kidney.org.au

Volunteer with us

Our volunteers are an invaluable part of the kidney health community. By volunteering with us you'll 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



Connect with us:

Freecall 1800 454 363
kidney.org.au