

KIDS LIVING WITH KIDNEY DISEASE GET A CRICKET LESSON FROM THE BEST

Children living with kidney disease have a special treat in store at their annual Kidney Kids Camp, with former Australian cricketer and Kidney Health Ambassador, David Hussey, and Cricket Victoria running a special cricket workshop to boost their enjoyment at camp and raise awareness to others about kidney disease.

On Thursday, 30 May, 113 children aged from 8-17, including siblings, will be descending on Lord Somers Camp on the Mornington Peninsula for four fun filled days of team based activity, kicking off with a special session with David Hussey, who has just been appointed Coach of the Melbourne Stars and has seen up close the life changing impacts of kidney disease.

"I became an Ambassador for Kidney Health Australia because I have a friend who has attempted two kidney transplants but unfortunately, the kidneys haven't taken. He has been and still is on dialysis and seeing him juggle being a father, husband and work while on dialysis is simply incredible," Mr Hussey said.

"I really want to help raise awareness about the importance of keeping your kidneys healthy and checking for kidney disease early.

"For the camp, I want to see the kids have fun playing a game that I love. The cricket sessions being run by Cricket Victoria are part of a great camp program planned by Kidney Health Australia. Cricket really is a game for all and I'm hoping the weather holds up so it will be a fun afternoon for everyone," Mr Hussey said.

Kidney Health Australia Chief Executive Officer, Chris Forbes, thanked Mr Hussey and Cricket Victoria for giving the children a special memory to take home with them from their time at camp.

"Managing chronic kidney disease is physically, psychologically and emotionally challenging, so we want to remove that stress for four days, for the parents as much as the children," Mr Forbes said.

"As well, the camp is a great opportunity for these kids to enjoy a camp experience, which can be denied them because of the nature of their illness."

Mr Forbes said the camp program also helped children to build friendships with other kids in the same situation, and build their self-esteem and confidence in a safe, supportive and positive environment, while also being able to address their medical needs.

"We are fortunate to be able to give parents peace of mind while their children are with us, thanks to our fantastic team of health professionals from children's hospitals nationally and

volunteers from the Australian Catholic University and a number of other volunteers passionate about assisting young children living with kidney disease," Mr Forbes said.

The Kidney Kids Camp, which has been running since 1995, is a collaborative effort between Kidney Health Australia, renal paediatric units, universities and volunteers. Hospitals providing support staff for this year's camp are the Royal Children's Hospital Melbourne, Monash Children's Hospital, Brisbane Children's Hospital and South Australia's Women's and Children's Hospital.

Mr Forbes said Kidney Health Australia was able to offer the Kidney Kids Camp to families at no charge due to the fantastic fundraising efforts of programs such as the Kidney Kar Rally.

"I want to give a huge thank you to our Kidney Kar Rally organisers and participants for their amazing fundraising efforts for our Kidney Youth Program, and for running a fantastic event," Mr Forbes said.

The Kidney Kar Rally is running from 9-17 August from NSW up the Capricorn Coast and back. To find out more about the rally to visit www.kidneykarrally.org.au or to donate to Kidney Health Australia visit www.kidney.org.au/donate

The Camp Welcome starts 3pm, Thursday 30th May, followed by the Cricket Victoria workshop from 3:30pm-5:30pm. Lord Somers Camp, 150 Lord Somers Road, Enter via Gate A off Parklands Avenue.

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Kidney Health Australia is a not-for-profit and the peak body for kidney health in Australia with the aim to protect 5 million at risk Australians from developing end stage kidney disease, and to save and improve the lives of people already affected by the disease through support services and funding crucial research. To find out more visit www.kidney.org.au

Kidney Health Facts

- Kidneys are essential to a person's health and wellbeing. They rid your body of waste (through urine), clean your blood of waste and toxins, regulate your blood pressure and manage the production of Vitamin D – essential to strong bones, muscles and overall health! If a person's kidneys stop functioning, they will die within a few days
- The biggest risk factors for kidney disease are diabetes, high blood pressure, established heart problems and/or stroke, family history of kidney failure, smoking, obesity, being 60 years or older, of Aboriginal or Torres Strait Islander origin, or a history of acute kidney injury. To check your risk visit www.kidney.org.au/kidneyrisktest
- 65 people die with kidney-related disease every day
- Kidney disease is a silent killer - sufferers can lose 90% of kidney function without experiencing any symptoms
- 1 in 3 people in Australia are at risk of developing chronic kidney disease
- A staggering 1.7 million Australian adults are affected by kidney disease while 1.5 million of those are unaware of it
- Kidney-related disease kills more people than breast cancer, prostate cancer and road accidents combined

Thursday, 23 May 2019



- Tragically, one in five Aboriginal and Torres Strait Islanders have indicators of chronic kidney disease and are four times more likely to die from it than the non-Indigenous population.

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