

Media statement

23 August 2019

Let's walk together to help fight kidney disease

Gympie Hospital staff are dusting off their runners in preparation for the annual **Big Red Kidney Walk on 8 September**.

The Big Red Kidney Walk is Kidney Health Australia's largest community fundraising event of the year, taking place every September.

The Gympie Renal team is supporting their patients and the community by hosting the walk.

Associate Clinical Nurse Consultant, Gympie Hospital Renal Service Jovitha Deborah said: "Working within the Renal team at Gympie Hospital, it is important for us to take part in the walk to help create awareness of kidney disease which is often overlooked and help in encouraging early detection and prevention."

"The funds raised through this walk would help create awareness, promote quality of living for patients who utilise holiday dialysis through the Red Kidney bus, the Kidney Kids camp and help fund families with accommodation when they receive a transplant and in Renal Research," she said.

"Join us in taking these small steps for a big change."

Caloundra Health Service is also hosting a **Coastal Kidney Walk on Sunday 15 September**. Walkers will start at Cotton Tree Park and make the return journey to Alexandra Headland Surf Club, four kilometres in total.

Renal patient Desmond Rauber will be making the fundraiser a family affair, walking with his daughter while his son helps run the sausage sizzle.

"I started dialysis at Caloundra Health Service two and a half years ago, before I was lucky enough to have a kidney transplant in March this year.

"I think it's important to help raise awareness for kidney health, as well as organ donation. I'd love to see them be able to raise enough funds to get a Big Red Kidney Bus up here to allow dialysis patients the chance to have a holiday," he said.

Kidney Health Australia's award-winning Big Red Bus program currently travels to popular holiday destinations across Victoria and New South Wales, where they are located for up to six weeks at a time, staffed by experienced dialysis nurses and renal technicians.

The mobile haemodialysis service allows those requiring dialysis the chance to have a holiday whilst still receiving treatment.

Sunshine Coast

Hospital and Health Service

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For more information on the Big Red Kidney Walk, or to register for an event, visit www.bigredkidneywalk.org.au

EVENT DETAILS

Gympie Hospital Big Red Kidney Walk

When: 8 September 2019, Gympie Duck Ponds

Time: 9am

Distance: 5km (10 laps)

Registration: Via bigredkidneywalk.org.au or on the day – Museum side (registration fee \$5)

Sunshine Coast Hospital and Health Service Coastal Kidney Walk

When: 15 September 2019, Cotton Tree Park

Time: 9am

Distance: 4km

Registration: Via bigredkidneywalk.org.au or on the day

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