

**MEDIA RELEASE**  
**For Immediate Release**  
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## **Big Red Kidney Bus returns to Port Macquarie**

The Big Red Kidney Bus is returning to Port Macquarie from September 2 until 19 October, enabling people living with end-stage kidney disease to enjoy the beautiful local sights while receiving life-saving dialysis treatment.

Returning to the NRMA Port Macquarie Breakwall Holiday Park for the second year, Kidney Health Australia's mobile dialysis bus allows families and individuals around Australia to leave their homes and have a holiday while still able to continue their dialysis treatment.

"Port Macquarie is such a beautiful location and Kidney Health Australia received such a warm welcome from locals as we kicked off the beginning of our Kidney Kar Rally in August. It is the perfect spot for a holiday and we are happy to be back," says Chris Forbes, Chief Executive Officer, Kidney Health Australia.

In partnership with Royal North Shore Hospital, the Big Red Kidney Bus has capacity to provide up to 1,500 dialysis treatments a year under the expert care of the Royal North Shore Hospital dialysis team.

The Big Red Kidney Bus is open to all Australians on hospital, satellite or home haemodialysis, with full admission criteria found on the Kidney Health Australia website at [www.kidney.org.au/bus](http://www.kidney.org.au/bus)

"On average, dialysis patients need to have treatment for up to five hours at a time, three days a week. Holiday dialysis chair availability is very limited around Australia so a lot of people receiving dialysis have never had a holiday or been able to travel in years," says Mr. Forbes.

The bus has allowed kidney disease patient, Kevin Batchelor to travel again, describing this service as "a vital program helping people to enjoy their life. To me, it means everything. I have my freedom. I can visit people I don't normally see," says Kevin, who has been able to visit Port Macquarie, Sydney and Dubbo.

The Big Red Kidney Bus has three seats on board and can treat up to six holidaymakers a day, equipped with headphone sockets and TV's. It travels to various popular holiday spots in NSW and Victoria throughout the year.

Kidney Health Australia is grateful for the continued generosity of individuals and organisations in the community who support all their fundraising initiatives throughout the year. These funds are used to help facilitate programs such as the Big Red Kidney Bus. Donations to support the bus can be made at [www.kidney.org.au](http://www.kidney.org.au).

For more information on the bus, the location it visits throughout the year, or booking a familiarisation visit, call 1800 454 363 or email [bigredkidneybus@kidney.org.au](mailto:bigredkidneybus@kidney.org.au) or visit [www.kidney.org.au/bus](http://www.kidney.org.au/bus).

**-ENDS-**

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](http://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!
- 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](http://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
- 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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