



World Kidney Day 2025

DATE: 13 March 2025

**“My Health,
What Can I
do?”**

Agenda

7.00-7.05pm

Housekeeping - Microphones off, etc.

7.05-7.10pm

Welcome & Introduction

7.10-7.30pm

Nutrition in Chronic Kidney Disease

7.30-7.50pm

Exercise in Chronic Kidney Disease

7.50-8.05pm

Chronic Kidney disease - The Lived Experience

8.05-8.20pm

Questions and Answers

8.20-8.25pm

Signposting & Feedback Poll

8.25-8.30pm

Conclusion

Strategic Objectives



**LIVING
LIFE WELL**



**ORGANISATION
FITNESS**



**SUPPORTING
PATIENTS AND
THEIR
FAMILIES**



**DYNAMIC AND
ACTIVE BRANCHES**



**RESEARCHING,
CAMPAIGNING
AND ADVOCACY**

Strategic Objectives



THEME	OBJECTIVES	
SUPPORTING PATIENTS AND THEIR FAMILIES	<ol style="list-style-type: none"> 1. Provide relevant and meaningful services 2. Develop peer support programmes 3. Improve education programmes and information resources 4. Expand our physical support centre network 	
LIVING LIFE WELL	<ol style="list-style-type: none"> 5. Expand holiday opportunities 6. Develop activities programmes 7. Develop membership benefits 8. Develop sports and fitness activities 	
DYNAMIC AND ACTIVE BRANCHES	<ol style="list-style-type: none"> 9. Strengthen and develop Branch network 10. Increase volunteer base 11. Enhance supports for Branches 	
ORGANISATION FITNESS	<ol style="list-style-type: none"> 12. Promote good governance 13. Ensure financial sustainability 14. Ensure the best team 15. Collaborate with other organisations 	
RESEARCHING, CAMPAIGNING AND ADVOCACY	<ol style="list-style-type: none"> 16. Work towards improved patient care and experience 17. Lobby for changes to policy and practice 18. Deliver patient centred research 	

Managing your Health, Where do you fit in?



- **Appropriate Diet**
- **Exercise**
- **Social Engagement**

Nutrition in Chronic Kidney Disease

Speaker:

Irene Cronin

Senior Renal Dietitian Cork University Hospital

Exercise in Chronic Kidney Disease

Speakers:

Orlaith Heslin & Cliona Barrett

Senior Physiotherapists Renal
Tallaght University Hospital

The Lived Experience

Speaker:

Alceina O'Brien

Kidney-Pancreas Transplant Recipient
Galway

Questions and Answers



Signposting

Useful Resources Summary:

- www.irishkidneydiet.ie
- www.kidneybeam.com/kidney-disease
- www.transplantsportireland.ie
- www.wtgf.org/refitforlife

Visit: www.ika.ie/healthyliving



Feedback

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Thank You



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