

Popham Kidney Chronicle

Issue 7: March 2025

We are all getting ready for World Kidney Day 2025...the aim is to help set the record straight about the realities of kidney disease with this year's campaign, ***Don't Kid Yourself!***

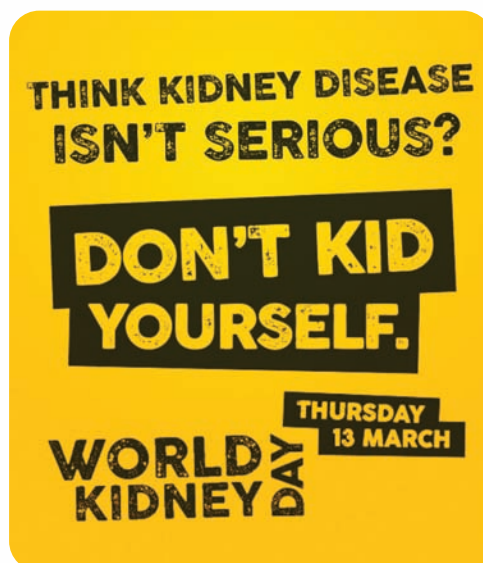


World Kidney Day 13th March 2025

World Kidney Day is an annual campaign dedicated to raising awareness about kidney health, the role kidneys play in keeping us alive, and the impact kidney disease can have when kidneys aren't working properly. It also helps educate people on symptoms and ways to improve kidney health.

World Kidney Day in the UK is coordinated by the Kidney Charities Together Group, which includes Kidney Care UK, Kidney Research UK, Kidney Wales, the National Kidney Federation, the PKD Charity, Popham Kidney Support, and the UK Kidney Association.

Let's make a difference together this World Kidney Day!



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Meet the team

you are not alone

Call us: **0333 2001285** w: pophamkidneysupport.org.uk

Popham
KIDNEY SUPPORT

NEWS

Don't Kid Yourself!

All you need to know about
World Kidney Day and how you
can get involved...

If, like us, you're fed up with people not taking kidney disease seriously enough, then join the **World Kidney Day 2025** **#DontKidYourself** campaign. On Thursday 13 March you can help us bust these myths and share the true facts.



Isn't kidney disease just caused by lifestyle choices?

Kidney disease doesn't affect many people, does it?

Transplants are a cure for kidney disease, right?

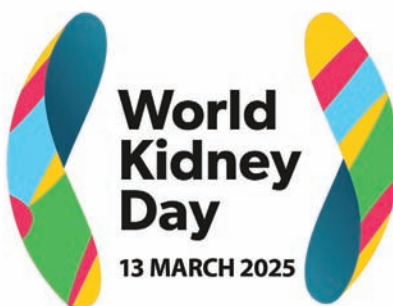
#DontKidYourself

- Kidney disease is not a disease that affects only a handful of people. Over SEVEN million people have it in the UK. Maybe that's your neighbour. Your parent. Your work colleague. Your child. Or even you.
- Millions of people suffer in silence, facing poor physical and mental health, isolation, stigma, financial hardship, and poor employment opportunities. Meanwhile, research remains critically underfunded and lags behind other major health conditions.
- Polycystic Kidney Disease (PKD), the fourth leading cause of kidney failure, impacts 12 million people worldwide,

including around 70,000 in the UK. It's a disease that can affect people of all ages, from babies and children to adults in their prime - commonly running through entire families and generations.

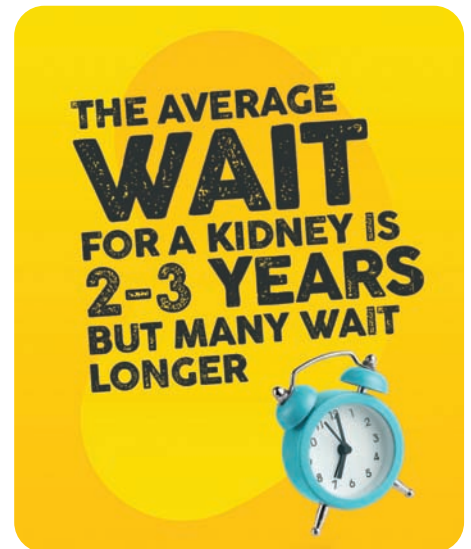
- Sadly, many people with kidney disease suffer in silence, battling stigma, isolation, financial struggles, and limited work opportunities. Despite the severity of its impact, kidney disease research remains underfunded, resulting in limited treatment options, and far too many without the support they need.

Together, we can change this.



How Can You Help?

- **Support us on social media** - Share our posts on Facebook, X, Instagram, and LinkedIn.
- **Download & Share World Kidney Day Materials** - Visit the World Kidney Day 'Get Involved' page to access social media posts, kidney facts, banners, colouring sheets, and more.
- **Spread Kidney Facts** - Educate your friends and colleagues about kidney disease and its symptoms.
- **Share our Symptom Checklist** - Pass it on to anyone who might be at risk.



- **Share Your Story** - Use the Kidney Day photo editor to create a personalised image and share your myth-busting story.
- **Host an Event** - Download printable materials to organise your own kidney awareness event.
- **Tell Your Local Media** - Use our World Kidney Day template to share your story with local newspapers or radio stations.
- **Educate in the Workplace** - Display our "Don't Kid Yourself" poster in your office or community spaces to raise awareness.

And don't forget to tag us on your social channels!

- **On Facebook:**
tag @worldkidneydayuk
- **On X:** tag @kidneydayuk and
- **On Instagram:**
tag @worldkidneydayuk

Use the hashtags **#KidneysMatter** and **#WorldKidneyDay** when you share!

Let's flood social media with kidney awareness and make some noise!

Visit: worldkidneyday.co.uk to get involved and raise awareness of kidney disease.

Thank you for your support. Lets raise awareness. Together we can bust those myths and get the truth out there!





Kilometres for Kidneys: sign up now!

There is still time to sign up for Kilometres for Kidneys, a virtual walking challenge designed to help you get active while supporting those who need it most.

Not only will you feel fantastic as you boost your fitness and mental health, but you'll also be raising funds to support Popham Kidney Support. It's a win-win!

This challenge isn't just about getting fitter - it's about making a difference. Your efforts will directly support children, young people, and adults with kidney disease in Wales, along with their families. Every step you take brings us closer to improving their quality of life. It doesn't matter what your level of fitness is to take part. You can choose your challenge to match your suitability from **easy**, **medium**, **hard** and **very hard**. You can even be part of a group challenge. The important thing is to give it a go and have fun!

Kilometres FOR kidneys

Start Date: World Kidney Day, March 13th, 2025;
End Date: April 13th, 2025.

Entry Fees: General Admission: £15 per person; Children (under 16) participating with family: £7.50 per child; Group Entries: Each team member commits to raising a minimum of £20 in sponsorship.

To find out more, please contact:
ava@pophamkidneysupport.org.uk

To book your place online, please scan this QR Code:



Buy a brick campaign

We are raising funds for the Children's Kidney Centre at University Hospital Wales - and there is now a new way you can contribute to this excellence cause.

We have launched an initiative where **YOU** can buy a brick in the new building, meaning **YOUR** name will be associated with the centre forever.

The Children's Kidney Centre provides essential care for children needing renal replacement therapy, including transplant care. But the centre is in desperate need of a refurbishment, which will create a brighter, more uplifting space for children, families, and staff.



The brick you purchase will be placed on the wall of a thoroughfare corridor, which has around 2000 people passing every day.

We have only 180 bricks available. You can purchase a brick for an annual cost of £250, £350 or £500. After 2 years you will have the opportunity to renew.

Your logo or name will be printed onto a high quality, brushed gold, silver or bronze brick. The brick will also be added to a virtual wall on our website with links to your website.

To find out more, please contact:
ava@pophamkidneysupport.org.uk

You can also click on this QR Code to go to our website where you can purchase your brick.



NEWS



Become a corporate partner

We're determined to help ensure that those affected by kidney disease realise they are not alone. But we cannot do that alone. To complement our wide network of volunteers and supporters, we are also seeking corporate partners to help us make a difference.

We are proud to be a King's Award for Voluntary Services recipient, recognising the incredible impact we make alongside our amazing volunteers. Now, we're looking ahead - and we'd love for YOUR business to join us on our mission to transform lives.

By partnering with us, we can not only help improve the emotional, financial and physical wellbeing of kidney patients, but also improve the knowledge and awareness of the related illnesses through education whilst helping us boost our potential funding streams.

Many businesses find that partnering with a charity expands marketing opportunities, helps the company better connect with customers and creates important networking opportunities - as well as doing good within their community.

Partnering with Popham Kidney Support can benefit a business in many ways. It can help companies: Make a real difference; build brand awareness; unlock new networking opportunities; enhance business image, perception and reputation; and engage, motivate and retain employees.

There are several ways in which you can become a corporate partner and support Popham Kidney Support: Make us your 'Charity of the Year'; provide a service that will help support the charity and its beneficiaries; become a brand partner; become a 'Fit for Life' corporate partner; make us a 'Friend for Life'; make a one-off donation from your company.

If you are interested, please contact Joanne Popham today at joanne@pophamkidneysupport.org.uk



Our Kings Award honour

On April 1, we will receive our Kings Award at a ceremony at Mansion House presided over by the Mayor, Mayoress and Lord Lieutenant.



The day also coincides with our quarterly Volunteer Education & Networking Day and our Trustees Meeting.

We look forward to meeting many of you on this exciting day.



Summer Soiree tickets on sale

Our Summer Soiree will take place on Friday 4th July at The Village Hotel, Swansea and tickets are now on sale.

Join us for an unforgettable evening featuring a delicious three-course meal, live music from Karl Morgan of Who's Molly, a DJ spinning your favourite tunes, and exciting fundraising games designed to help us reach our ambitious goals for 2025 and support more children, youths and adults with kidney disease in Wales to lead a better quality of life!

To find out more information and to book tickets, please contact: ava@pophamkidneysupport.org.uk

To book your tickets online, please scan this QR Code:



PATIENTS

Helping you dialyse at home

At Popham Kidney Support, we know that managing dialysis at home can be life changing - but we also understand the challenges that come with getting set up.

That's why we're thrilled to offer funding support, thanks to the West Glamorgan Housing with Care Fund, to help kidney patients overcome financial barriers and make home dialysis a reality.

We are ready to help patients who need a safe home dialysis setup to avoid unnecessary hospital stays; those ready to be discharged from hospital into their own home, a care home, or temporary accommodation; or individuals needing support to remain safely at home while

awaiting a domiciliary care package.

This fund can assist with essential purchases like a suitable bed, storage solutions, or other equipment needed for home dialysis - giving you comfort, safety, and independence.

Funding must be claimed in full by 15th March 2025, so don't wait! If you or someone you know could benefit, reach out to our team today. Contact us to learn more - ***we're here to support you every step of the way.***



Cook & Dine for your health

Cook & Dine aims to enhance the kitchen confidence and nutritional knowledge of renal patients and their families, specifically focusing on the dietary requirements essential for kidney health.

The project recognises the challenges faced by renal patients in adhering to their dietary restrictions and aims to empower them with knowledge and information. The project's goal is to make renal dietary guidelines more accessible and actionable through interactive learning experiences.

In our last session, we held a Q&A session with dietitians - and conducted a questionnaire.

We learned some interesting facts around how the scheme is helping people.

100% of attendees said they were highly satisfied, learned something new and would recommend to others. A large majority (85%) intend to make dietary changes. And most people feel dietary information sessions should include partners/loved ones.

To find out more, please contact: ava@pophamkidneysupport.org.uk



VIP at our office

We were honoured to welcome Dr. Altaf Hussain MS, Member of the Senedd for South Wales West, to our office in February.

Dr. Hussain's visit provided an invaluable opportunity to discuss our ongoing efforts to support kidney patients, their families, and carers across Wales. His insights and commitment to healthcare are deeply appreciated as we work together to raise awareness and enhance patient support throughout the region.

Thank you, Dr. Hussain, for your time and dedication to our cause.



Partnering with Acorn by Synergie

We are delighted to unveil a new partnership with Acorn by Synergie, a recruitment and employment support company, which is designed to help kidney patients by offering employment support and assistance.

Many individuals with kidney disease work whilst managing their condition. For some young people they will need to find a career whilst managing this for the rest of their lives. Some, diagnosed later in life may need to switch careers and adapt.

This scheme will help individuals better understand employment options, sectors, roles that offer flexibility, roles that don't. It will include advice on CVs, interviews and where and how to search and apply for jobs.

It's great to have your support!

VOLUNTEERS



Popham Community Champions

We are excited to announce that we're looking to expand our Community Champions team!

If you're passionate about raising awareness of kidney disease and supporting our charity within your local community, this could be the perfect opportunity for you!

As a Community Champion, you'll play a vital role in raising awareness of kidney disease and supporting our work within your community. This could involve attending cheque presentations and community events as a representative of our charity; cheering on participants at walking, running, or cycling fundraisers; providing information about our support services by distributing leaflets to GP surgeries, supermarkets, or community notice boards.

You might also hold awareness stands at local events, share social media content to boost campaigns, deliver talks about the charity's work, or promote our charity within your network to encourage others to get involved.

The Community Champion role is very flexible! Whether you have a little time to spare or a lot, you can contribute in a way that works for you. All we ask is that you complete a quick induction - either in person or online - and, if possible, join us for regular meetups with other amazing volunteers in your region. It's a fun and rewarding way to make a difference while staying connected!

We are hoping that you are a passionate individual who is eager to support PKS in its mission to help patients and families

facing kidney disease. While we value diverse skills and experiences, we look for the following attributes in our Popham Community Champions:

- Strong communication and interpersonal skills.
- Ability to identify and act on opportunities within your community and network.
- Flexibility and adaptability
- Good organisational skills
- A positive outlook and enthusiasm for our work
- Willingness to complete light paperwork
- Ability to travel locally
- Confidence in public speaking and delivering presentations
- A friendly, approachable demeanour

Most importantly, you'll be committed to upholding our values and policies, ensuring you represent Popham Kidney Support with integrity and passion.

Once the induction is complete you will receive volunteer clothing, ID badge and pack and we will inform you of all our volunteering opportunities.

If you'd like more details about becoming a Community Champion, please feel free to contact us on **0333 2001 285** or email: ava@pophamkidneysupport.org.uk

A thank you in The Senedd

One of the highlights of our year has been receiving the Kings Award for Voluntary Services.

This incredible honour is a testament to the dedication of our amazing volunteers and reflects our ongoing commitment to supporting you and our patients, families, and carers living with kidney disease.

We were delighted to see so many of you joining us at the Senedd - your presence made it truly special, thank you!

Y FARCHNAD at The Senedd

Several of the team attended Y Farchnad in February - an event that brings together voices from across Wales to the Senedd each month.

Open to the public, the event provided a great opportunity for us to connect with individuals, raise awareness of kidney disease, and share the support services we offer, ahead of World Kidney Day on March 13.

Ceri Williams, Peer Mentor Coordinator, **Geraint John**, Patient Support Coordinator, and one of our excellent Peer Mentors, **Nigel Butler** spoke to attendees about our Peer Mentor service, Kidney Cafés, and Counselling. Events like this are so important for us as a charity, allowing us to reach more people, provide vital information, and ensure those affected by kidney disease know they're not alone. We were honoured to be sponsored by our ambassador, **MS Mike Hedges**.

Geraint said: 'Events like Y Farchnad are so important for us as a charity. It's a chance to share the work we do and talk to people about kidney health - something everyone should know about, whether they're personally affected or not. It was a great day, meeting so many people, raising awareness, and having important conversations about support for those living with kidney disease.'

Popham Peer Mentors

We're recruiting volunteers - make a difference!

We're looking for volunteers to join our team of Popham Peer Mentors across Wales.

If you're ready to support and make a meaningful impact in the lives of people, families, and carers living with kidney disease, this could be the perfect opportunity for you.

As a Popham Peer Mentor, you'll draw on your own personal experience with kidney disease to support others who are navigating their own journeys. Whether it's providing emotional support, sharing valuable information, or signposting to other services, your role will be essential in helping people feel less alone during challenging times.

The Popham Peer Mentor role is focused on providing guidance to those who are newly diagnosed with kidney disease or facing a change in circumstances. As a Popham Peer Mentor, you'll listen, support, and offer a warm, non-judgmental presence to those in need.

We ask for a minimum of four hours per month for 12 months. You'll also need to attend at least six training and support meetings per year and at least 1 PKS networking or support event annually.

Volunteering as a Popham Peer Mentor can be incredibly rewarding. As one of our existing peer mentors said: *"Being a peer mentor gives me a chance to give something back, while at the same time sharing my lived experience."* Another added: *"Being a peer mentor means that I feel part of a safe and valued community, being able to share experiences and knowledge to empower myself and others in a similar situation."*

So, if you're passionate about helping others and want to join a team that's making a real impact in the community, we'd love to hear from you. Together, we can provide vital support to those



living with kidney disease across Wales.

Get in touch today - we can't wait to welcome you to the Popham Kidney Support family!

To find out more, please contact:
ceri@pophamkidneysupport.org.uk

Meet our new Trustees

Dr Rhian Gwilliam

Rhian has a scientific background and has worked in the field of Human Genetics since the mid-90s. She has a few friends who have family with chronic kidney conditions and has seen the impact the condition has had on their lives and has witnessed the importance of testing for potential rejection of donor organs through access to NHS laboratories. She is pleased to support the activities of Popham Kidney Support as a Trustee.



Lewys Richards

Lewys is a Chartered Financial Planner and is director of a successful financial planning firm. Having been a member of the Paul Popham Running Club for a couple of years, he was invited to join the board of Popham Kidney Support due to possessing skills that would be of value to the charity. Lewys will be assisting in all areas of finance and business planning. Lewys also has a lot

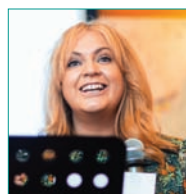


of experience of regularly fundraising and donating to local causes.

Leanne Howe

Leanne worked in industry before moving onto education and this experience is helping to support the growth of the charity.

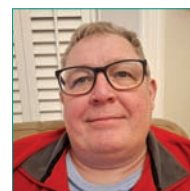
Having been a Trustee of Penllergaer trust for seven years, Leanne is hoping to bring this experience to help grow the work and awareness of Popham Kidney Support.



Meet our new Peer Mentors

Rod Bentley

Rod became a peer mentor as a follow-on step from attending the Wrexham Kidney Cafe. Inspired by the work, humour and tireless enthusiasm of the two peer mentors Alan and Gwyn from the Kidney Café, Rod says just wanted to help people who might have the same issues as he had.



John Mainwaring

An ex-Merchant Seaman and more recently retired businessman, John was first diagnosed with IgA Nephropathy back in 1997. He has experienced Peritoneal Dialysis and Haemodialysis, offering an insight into both forms of dialysis. It was one of the nurses who suggested John might become a Popham's Peer Mentor. He started training in March 2024, qualifying some months later. Now as a Peer Mentor he has been meeting other patients and families through the Kidney Cafes Popham Kidney Support runs.



SUPPORTERS

Kevin Carsley Golf Day

We're thrilled to announce an exciting event being hosted by **Kevin Carsley**, one of our dedicated volunteers - a Charity Golf Day in May to support Popham Kidney Support.

Charity Golf Day, Friday 16th May
Swansea Bay Golf Club

Whether you're a seasoned golfer or just looking for a fun day out, this event promises a memorable experience while helping to make a difference in your community.

For just £140 per team of 4, you'll get to enjoy: Coffee and Bacon Roll to kick off your day, served before tee off; 18 Holes of Golf on a fantastic course, where you'll have the opportunity to network, compete, and enjoy a friendly game with others in the community; a delicious meal upon returning to the clubhouse to unwind and celebrate your round. It's the perfect way to end the day, and it's all included in your ticket price!

Make sure you book early as tickets for this popular event are available now and will be going fast!



To secure your spot, call us on **0333 2001 285** or email enquiries@pophamkidneysupport.org.uk



Christ Well Reformed Church donation

We want to send a huge thank you to Christ Well Reformed Church, Manselton, for their incredible generosity in raising funds in place of exchanging Christmas cards.

In total, the congregation raised almost £250! This thoughtful gesture will have a lasting impact on the lives of those we support at Popham Kidney Support.

Jo Popham, our CEO, said: 'On behalf of everyone at Popham Kidney Support, I'd like to thank Christ Well Reformed Church for their generous donation. Fundraising efforts like this enable us to provide critical support to those living with kidney disease. Your kindness will truly make a difference in many lives.'





Thank you, Cwmtwrch Rugby Club

We're absolutely over the moon to celebrate a huge milestone - all thanks to the amazing fundraising efforts of Cwmtwrch Rugby Club!

Each year, the club selects a charity to receive proceeds from its fundraising events, and for 2024, we were honoured to be chosen by Cwmtwrch Rugby Club as their **Charity of the Year**.

The final fundraising total of **£12,715.94** was recently confirmed, and we can't express how much this means to us. This incredible contribution will go a long way in helping us support individuals and families affected by kidney disease.

Several members of Cwmtwrch RFC, including Jaz Howells, Eddie Phillips, and Andy Williams, live with kidney disease. And it doesn't stop there - Neil Amber, who received a kidney transplant in 2009 after battling kidney disease for 30 years, has been volunteering as a Peer Mentor with us for the past year, helping to guide others newly diagnosed with chronic kidney disease.

Then there's rugby player Steve Smith. Steve received a life-saving kidney transplant from his best friend, Kael Ace, and has since become a passionate advocate for kidney disease awareness and support. This deeply personal

connection makes our partnership with Cwmtwrch RFC even more meaningful.

Our CEO, **Jo Popham**, said: 'We are truly moved by the dedication of Cwmtwrch Rugby Club. Over the course of the year, their unwavering support has raised an incredible total, which will have a profound impact on those living with kidney disease. The personal connection many club members have to our charity makes this achievement even more meaningful, and we are so grateful for their commitment - thank you!'

Tracy Simmons, a representative of Cwmtwrch Rugby Club, said: 'It's been a deeply personal and rewarding journey for our club to support Popham Kidney Support this year.

The fundraising total is a testament to the passion, dedication, and unity of our members and community. Knowing the funds will directly benefit individuals in need, including our own members, makes this partnership even more special.'

Thank you so much to Cwmtwrch RFC, we are so grateful for all your efforts!



Rob Williams and JD Entertainments

We'd like to extend our heartfelt thanks to Robert Williams one of our incredible Peer Mentors, and Jamie Danials from JD Entertainments for their amazing generosity this Christmas.

Robert generously donated £250, and Jamie kindly donated 100 selection boxes, spreading joy to children with kidney disease during this festive time.

Your support makes a real difference, and we are so grateful for your kindness.

SUPPORTERS



Jo and Deano to run the London Marathon

We're thrilled to share the news that our incredible CEO, **Joanne Popham**, will be running the London Marathon 2025 this April, ably helped by good friend Deano!

Jo says: 'London Marathon has been on my bucket list since I turned 50! I had a place in LM20, but then COVID happened, and my running mojo was lost in the pandemic. Five years on, I'm absolutely thrilled to have a place in LM25, and my running mojo is back! While I'm training, I'll be thinking of those impacted by kidney disease—people who can't run away from this condition. Dialysis is a lifelong event, often lasting 3 to 6 hours, 3 times a week. While I'm running, someone will be dialysing. PKS provides vital peer support to children, youths, adults, and families, making sure no one feels alone.'

Jo will be joined by her good friend and PKS supporter, Deano. Show your support for Jo and Deano as they take on this incredible challenge!



Donate to Jo:

<https://localgiving.org/fundraising/JoPopsLondonMarathonClass25>



Donate to Deano:

<https://localgiving.org/fundraising/Deano-London-Marathon-2025>

Let's cheer them on and help make a difference for those living with kidney disease! Every penny counts!

Join us at the Cardiff Half

Join Team Popham at the Cardiff Half Marathon!



We have 10 free entry places available for the Cardiff Half Marathon! All we

ask is that you raise a minimum of £300 to support patients and families living with kidney disease. Our packages include Free entry to the race; Training support to help you cross the finish line; Fundraising ideas to make hitting your target easy.

Spots are limited, so don't wait!

Together, we can make a real difference for those affected by kidney disease.



Join us for Swansea Bay Summer 5K series

Swansea Bay Summer 5k Series and Fun Run 2024, is in its 7th year! The 5k Series is a fun and competitive event bringing club runners and fund runners from the local running community of Swansea and surrounding areas.

The dates of events are 14th May, 11th June, 9th July.

There are three 5k races in the series giving runners an opportunity to improve their 5k time and their running fitness in the process. A great way to get running fit, compete in your first ever 5k race and have some fun.

The series is affiliated with Welsh Athletics, is fully licensed and counts towards runners' power of 10. It is a flat fast course with stunning scenery of the Swansea Bay Coastline.



There are trophies for 1st, 2nd and 3rd place winners of Junior, Senior, and Masters categories for each race and a trophy for the overall winner of those categories at the end of the series and a trophy for the club most represented throughout the series. The series will take place on the second Wednesday of May, June and July with the main race starting at 7pm.

All proceeds from the Series are donated to Popham Kidney Support, who support children, youths and adults with kidney disease, their families and carers in Wales, to lead a better quality of life.

KIDS

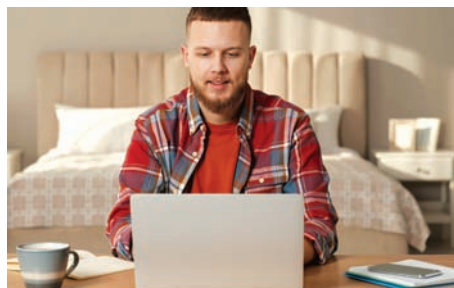


It was all a question of fun in our Online Quiz Nights

We held two fun and supportive CKD Online Quiz Nights during February and March. One for ages 15-17 and another for ages 18-25.

This was an online quiz for the young adults who attend our clinics in both Swansea and Cardiff.

Both nights gave them a chance to take a break from the daily routine in a supportive space and connect with like-minded young adults while having fun in a relaxed setting.



Knowledge was tested in this friendly competition but more importantly, new friends were made!

Look out for more days and nights like this in the near future, we'd love you to join in the fun!



A Wicked-ly Wonderful Day Out!

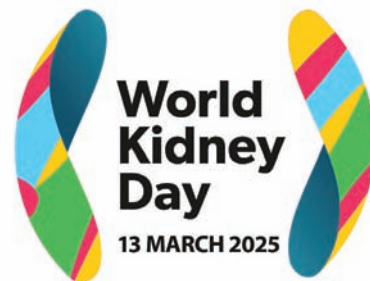
We had the absolute pleasure of taking several families to see **Wicked** at the Odeon Cinema over Christmas.

A huge thank you to the amazing play workers from the Kidney Centre and the team at Odeon for making it such a magical and memorable day for everyone.

It was truly special to see so many smiles and families enjoying this time together.

THINK KIDNEY DISEASE ISN'T SERIOUS?

DON'T KID YOURSELF.



Early detection and treatment help slow the life-changing effects of kidney disease. **Fact.**

Lack of awareness of the condition means people don't know the symptoms to look out for. **Fact.**

BUT DO YOU KNOW THE FACTS FROM THE FICTION?

MYTH:
"I DON'T LOOK UNWELL AND I FEEL FINE"

FACT:

You can look and feel fine with kidney disease, even in advanced stages, which is why it's called an 'invisible disease.'

MYTH:
"KIDNEY DISEASE IS CURABLE"

FACT:

There is no cure for kidney disease.

MYTH:
"ONLY OLD PEOPLE GET KIDNEY DISEASE"

FACT:

It's a common condition affecting 1 in 10 people in the UK and can affect anyone at any time.



CHECK OUT THE MOST COMMON SYMPTOMS.

MYTH:
"REGULAR DIALYSIS WILL SORT IT OUT"

FACT:

Dialysis keeps you alive but doesn't cure or slow disease progression. It can also be physically and mentally draining.

MYTH:
"I'VE ALWAYS BEEN PHYSICALLY FIT"

FACT:

That's good but doesn't mean you can't be affected as it can be passed on through the family.

Meet the team at Popham Kidney Support



Joanne Popham

CEO

joanne@pophamkidneysupport.org.uk



Geraint John

Patient Support Coordinator

geraint@pophamkidneysupport.org.uk



Hayley Evans

Project & Administration Coordinator

hayley@pophamkidneysupport.org.uk



Ceri Williams

Peer Mentor Coordinator

ceri@pophamkidneysupport.org.uk



Claire Popham

Peer Support and Patient Service Officer

claire@pophamkidneysupport.org.uk



Ava Houston-Phillips

Administrative Assistant

ava@pophamkidneysupport.org.uk

you are not alone

To get in touch:

Popham
KIDNEY SUPPORT

Popham Kidney Support

11 Tawe Business Village, Enterprise Park,
Llansamlet, Swansea SA7 9LA

Call us: **0333 2001 285**

support@pophamkidneysupport.org.uk

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