

# Our Impact



5th April 2024 to  
4th April 2025



[www.pophamkidneysupport.org.uk](http://www.pophamkidneysupport.org.uk)

Popham Kidney Support is a registered charity in England & Wales number 1160114



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# Our Impact

5th April 2024 to 4th April 2025

## Aims & Objectives

### Aim

To improve the quality of life of children, youths and adults with kidney disease and their families and carers in Wales.

### Objectives

We achieved our aim through 5 clear objectives.

1. Improve the emotional wellbeing of those affected by kidney disease in Wales
2. Improve the financial wellbeing of all those affected by kidney disease in Wales
3. Improve the physical wellbeing of all those affected by kidney disease in Wales
4. Improve knowledge of those affected by kidney disease through education
5. Campaigning for better services.

# Opening Statement

Popham Kidney Support continues to develop and grow year on year, as well as the increase in fundraised income, services have increased, and patient outcomes improved.

Our flagship service is the Popham Peer Support Service, where we train patients to become volunteer Popham peer Mentors, our team of 28 have worked incredibly hard to support our community with emotional wellbeing, providing treatment advice as well as general tips along their journey.

They have also set-up 2 new Kidney Café's this year which has supported over 60 people effected by kidney disease in Wales. We were thrilled to receive the Kings Award for Voluntary Services in November this year, which was a huge accolade for the charity and a way of recognizing the work the volunteers do, to not only to be able to thank them from Popham Kidney Support but to be able to say that The King also recognizes their achievements. We will be receiving our Crystal in April 2025. This award sets the scene for 2025/2026, to continue to develop our services with our volunteers at the forefront of that development. We meet and speak to them regularly through one to one conversations, ongoing training and education and through regional catch-ups and regular supervision during their team meetings. The service continues to change and grow organically. This year we will be exploring a check in service or befriending service for those who need continuous support.

As the service is growing all Wales we are building links with the Council for Voluntary Services where our kidney cafes and volunteers are based. Our volunteers are instrumental in supporting this with some attending wellness and wellbeing hubs in their area.

The success of our service is dependent on awareness and referrals. We will be building the Work of North Wales, attending more clinics throughout Wales and building a robust patient pathway.

We have been instrumental in re-establishing the Kidney Cross Party Group and through a joint approach with the charities in Wales, Welsh Kidney Network and our NHS Colleagues we continue to strive for more efficient and better services for our community.

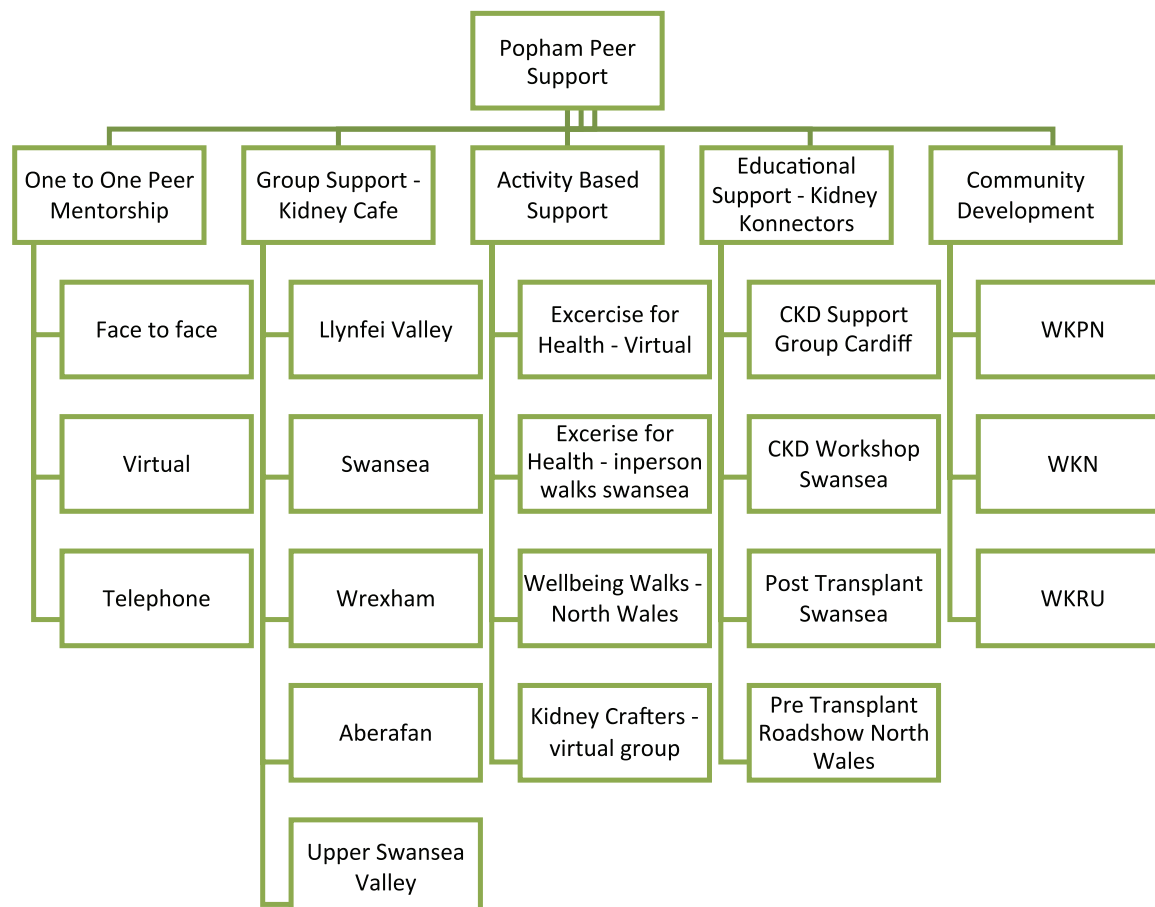
This report highlights our work, the service development, patients supported, income raised to support our services and the people who make it all happen.

# Activities - Performance and Achievements

## Popham Peer Support Service

Popham Peer Support is where a person affected by kidney disease in Wales is recruited and completes an Agored Peer Mentor Skills Training Programme to become a Popham Peer Mentor. As a Popham Peer Mentor they can provide:

- **One to One Peer Mentorship** over the phone or face to face.
- **Group Support** through our Kidney Café
- **Activity based group support**, such as our Exercise for Health Group or Kidney Crafters.
- **Educational Support Groups**, where they share knowledge through information on support for new patients and/or pre-CKD groups throughout Wales and Post Transplant Groups - these groups were renamed Kidney Konnectors this year, connecting and collaborating with our NHS Colleagues to deliver educational and informational based groups including a Popham Peer Mentor to talk about the group subject.
- **Community Development**, offering advice on service or research development.



# Volunteers - Popham Peer Mentor

At the start of 2024 - 5th April 2024, the volunteers - Popham Peer Mentor Team totaled 25, this was made up of a team of 15 in Swansea, 5 in Cardiff and 5 in North Wales.

By the end of the financial year 5th April 2025 the team stood at 28, 15 in Swansea, 5 Cardiff and 8 in North Wales.

During the year a total of 8 new peer mentors completed the recruitment and training process, and 5 retired.

Two of our loyal and committed Peer Mentors sadly passed away during this year, both had retired due to ill health, one during 23/24 and one during 24/25. One of which had also joined The Board of Trustees.

Margret Parry joined as a Peer Mentor in 2018, shortly after Margret had received a transplant. Residing in Cardiff and supporting our community in the area, Margret supported with 1 2 1 peer mentoring, unit visits, kidney café's and kidney connectors. Margarets was not just a peer mentor to many she was a pillar of strength to our peer mentor team. Her contributions have been sorely missed.

David Fellowes, joined the Peer Mentor Team in 2019, having previously being a Befriender with the Welsh Kidney patients Association. David was instrumental in raising awareness of the service in South East and West Wales through unit visits. David joined the Board of Trustees in 2021, offering expert advice in the development of the charity's patient services. David not only supported Patient Services but was an avid supporter in raising funds, taking part in his beloved sport of golf. David is missed by the whole team.

Our goal for this financial year was to recruit, train and maintain a team of 57 volunteer peer mentors, this is part of our plan over the next 5 years to have an even and consistent spread of volunteer peer mentors throughout Wales. At the start of the year plan we had a team of 23, year 1 23/24 we had recruited and maintained 25 and this year 28. Our 5 year goals were based on the number of patients that dialyzing at a unit as at 2023 that was 1236 and the principle of a Peer mentor supporting 10 patients a year - 123 by 2028.

Graph 1 shows the increase in volunteer peer mentors since the service has started. The drop in 2022, was due to COVID and inability to have in-person recruitment/events. This started to change in 2023 and at the end of 2024 we have been able to commence Unit Visits. There is still a lot to do.

Our goal in recruiting 123 volunteer mentors needs to change where we are focused on:

- Even Spread and Cross Section of Popham Peer Mentors
- Making the training accessible to all
- Focused advertising, awareness and recruitment campaign

## Even Spread and Cross Section of Popham Peer Mentors

Recruiting an even and consistent spread of Popham peer mentors throughout Wales that have an even and consistent cross section of categories that matches our community including: age, sex, stage of KD, connection to KD (i.e. patient, carer, parent, sibling) treatment choices and experience, ethnicity, religion, culture, geography.

As you will note from diagrams SASW1, 2 & 3 these show the cross section of Popham peer Mentors throughout South West Wales - there is a varied cross section, however a focus on a younger age group, parents and carers, also a drive on ensuring all experiences are covered as well as ethnicity - currently not recorded.

Similarly from SASE1, 2 & 3 you will note that a lot of work is needed in these areas to drive up our team in South East Wales.

Finally in SAN1, 2 & 3 we are on track with our recruitment in this area, vary similar to SASW we need to build on the cross section.

Our aim for the next 3 years is to ensure the Map of Wales is covered and within those areas there is a broad cross section of all ages, sexual orientation, ethnicity, connection to KD and treatment experience.

## Making the training accessible to all

You will note from Graph 3 we have 30 potential candidates who have not completed the training over the last 2 years - this is for a variety of reasons to include, treatment and kidney journey has changed that effects their availability, work commitments, ill health and then also the length of the training, availability when the courses are being run. The last two we can change and ensure the course is accessible to all. We have already adapted the course into an evening course, Over the next 12 months we will be adapting the course so we can hold it in one day and we will be creating an online course.

## Focused advertising, awareness and recruitment campaign

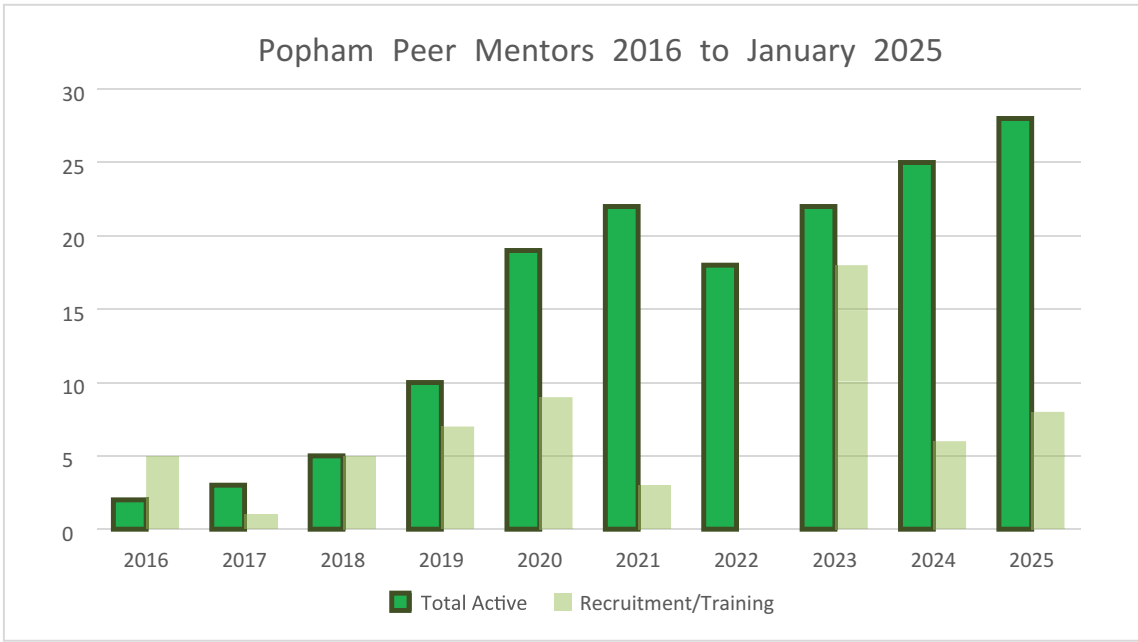
Over the last 18 months we have relied on our website, social media, referral partners and awareness sessions with Health Care Professionals to recruit volunteers. Towards the end of 2024 /end of 2025 we have:

- Re-introduced Unit Visits - where ae Popham peer Mentors visit dialysis Units throughout Wales to raise awareness of our services, offer support to our community and recruit volunteers
- Created marketing material that advertises that we are looking to recruit a broader cross section of our community in terms of age, sex and ethnicity
- Visited clinics where our community are waiting for appointments to offer support, raise awareness and recruit volunteers
- Created a monthly newsletter for our referral partners

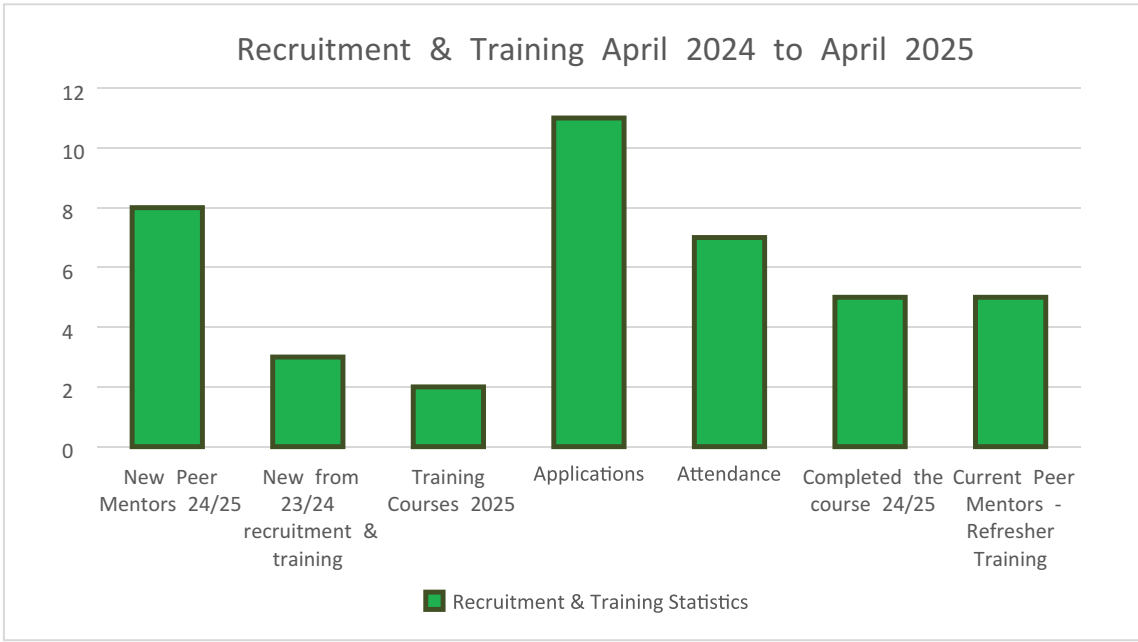
We need to build on this for the next 3 years and ensure:

- Unit visits are quarterly
- We know where and when all clinics are happening in Wales and ensure our volunteers or staff attend regularly
- Marketing material is advertised out in the wider community
- Community awareness campaigns with Community Champions
- We are connected to our Renal teams throughout Wales and share service updates regularly
- We build on our referral partners
- We collaborate with Renal Psychology throughout Wales

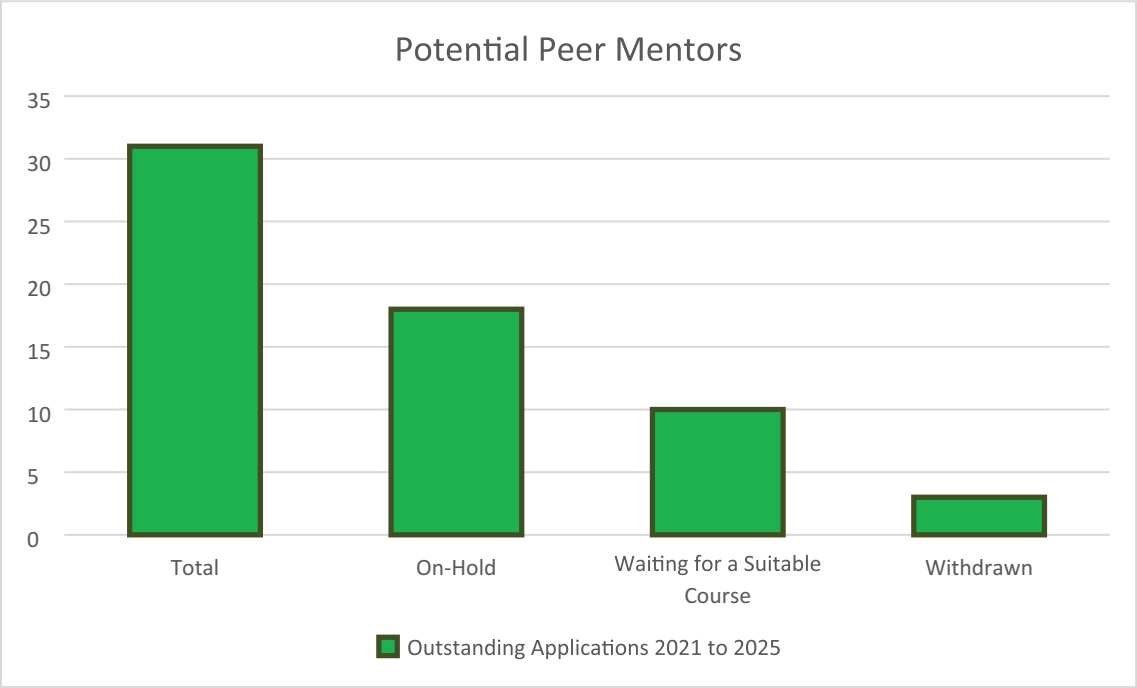
Graph 1



Graph 2



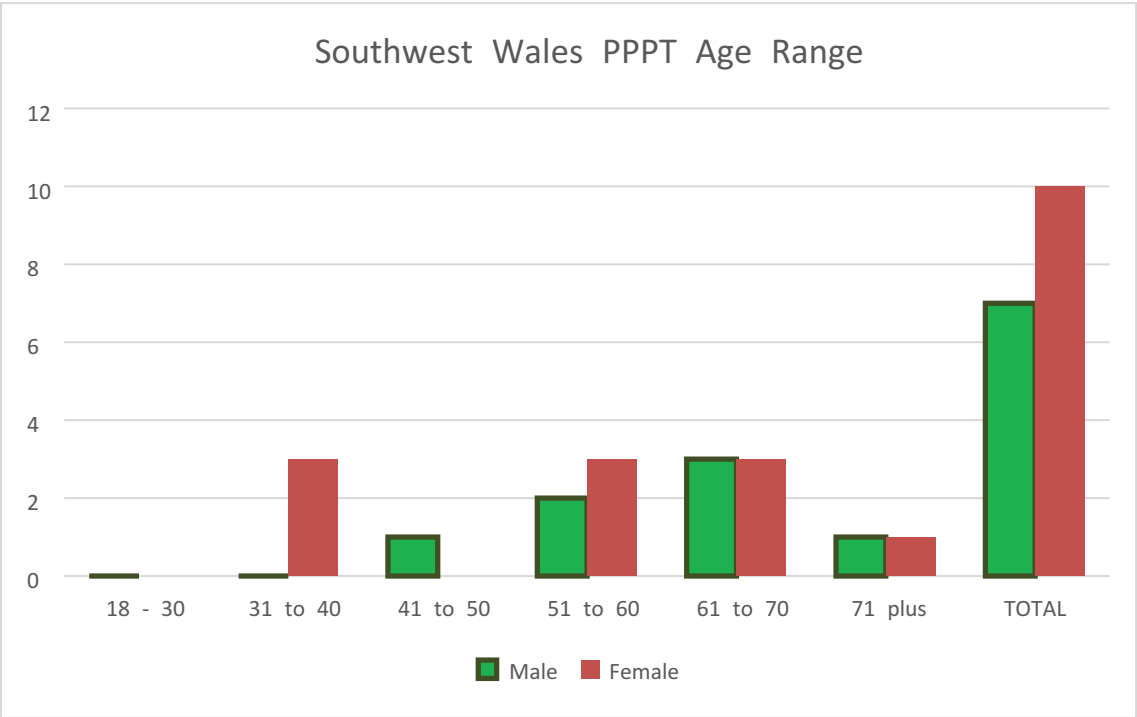
Graph 3



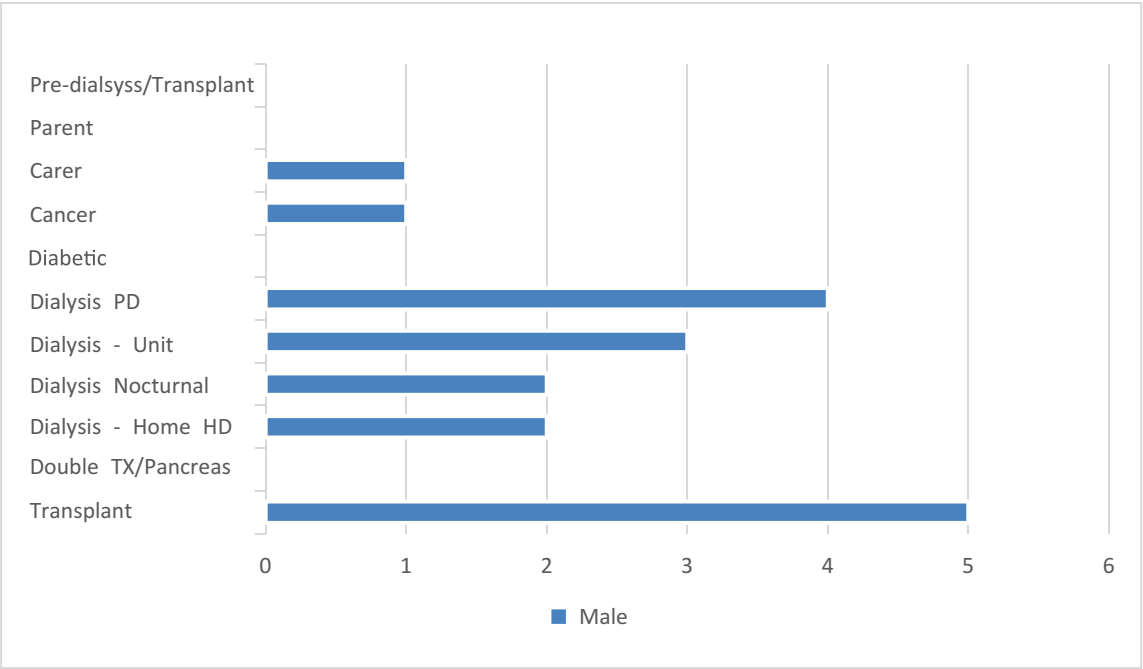
## Skills Audit

Southwest Wales - Volunteer Popham Peer Mentor Team (PPMT)

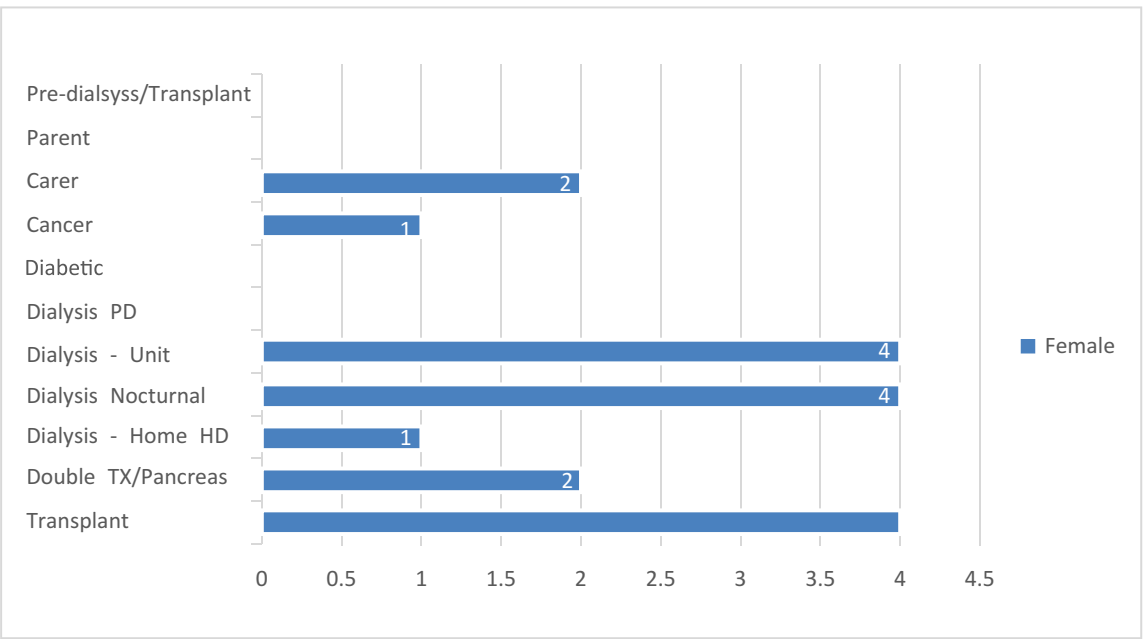
### SASW 1



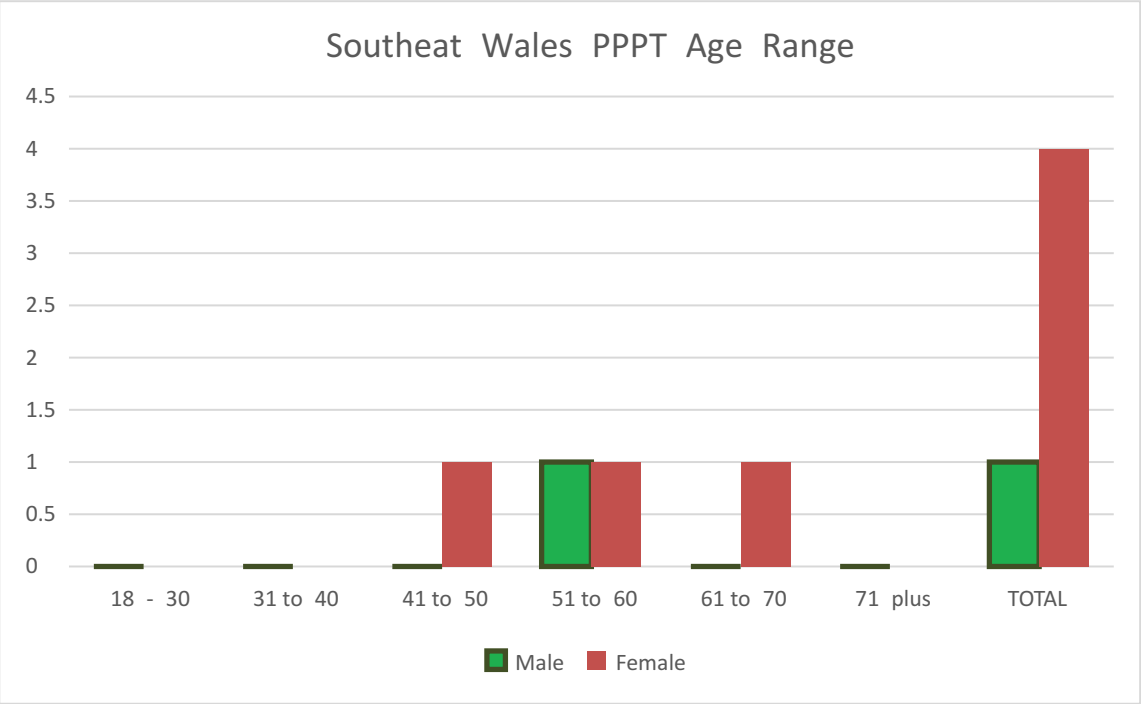
SASW 2



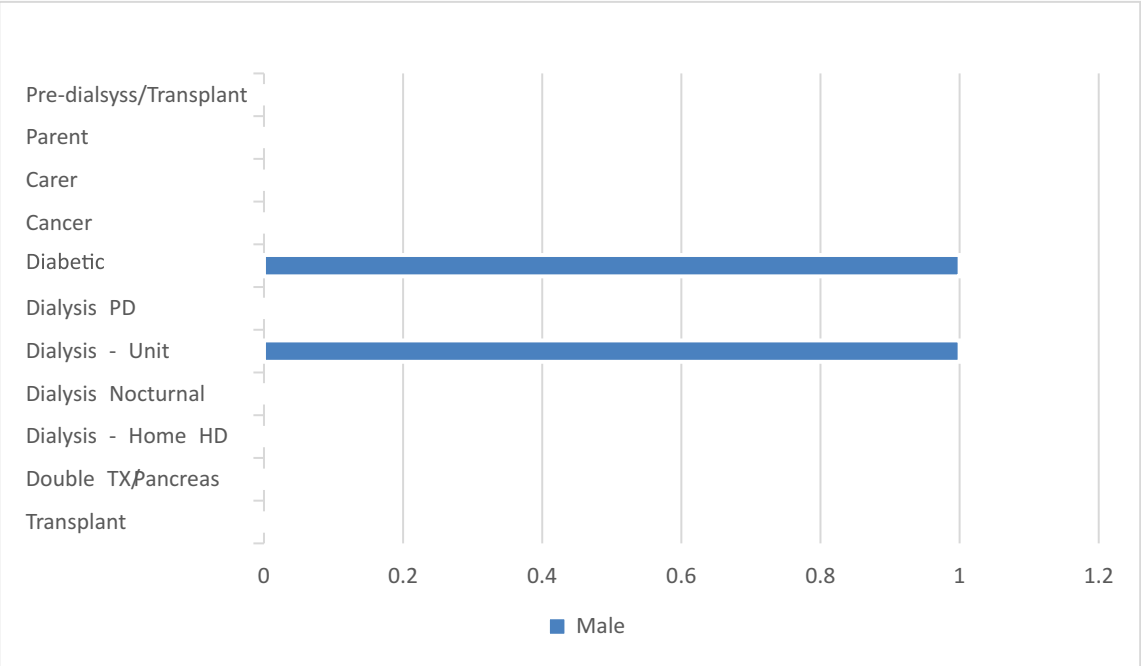
SASW 3



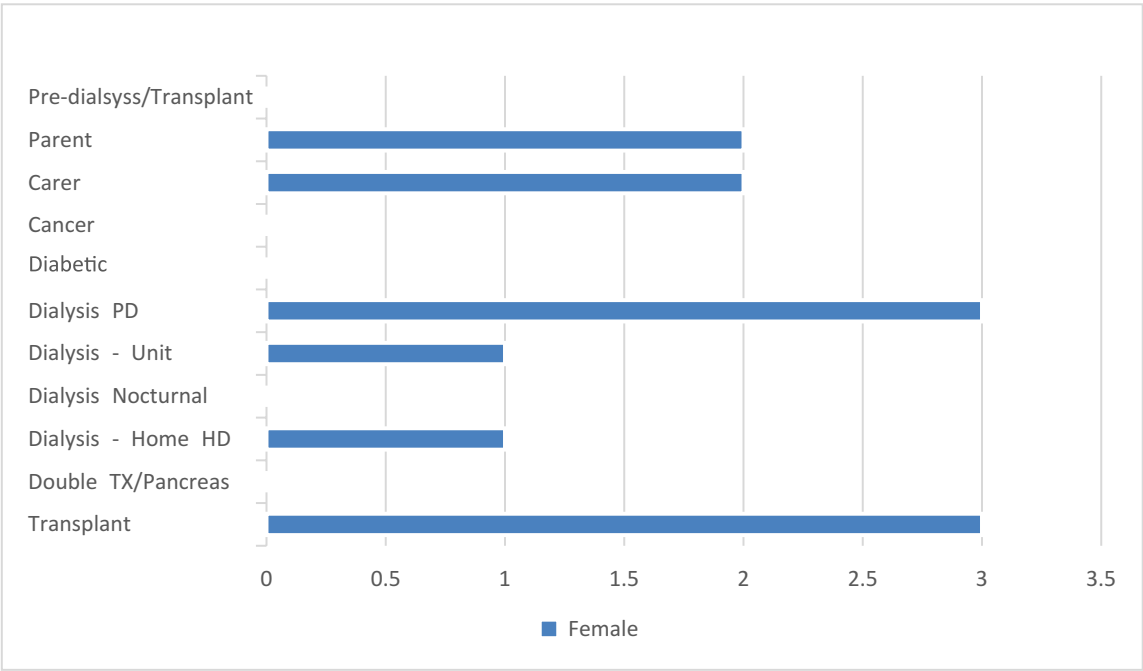
SASE 1



SASE 2

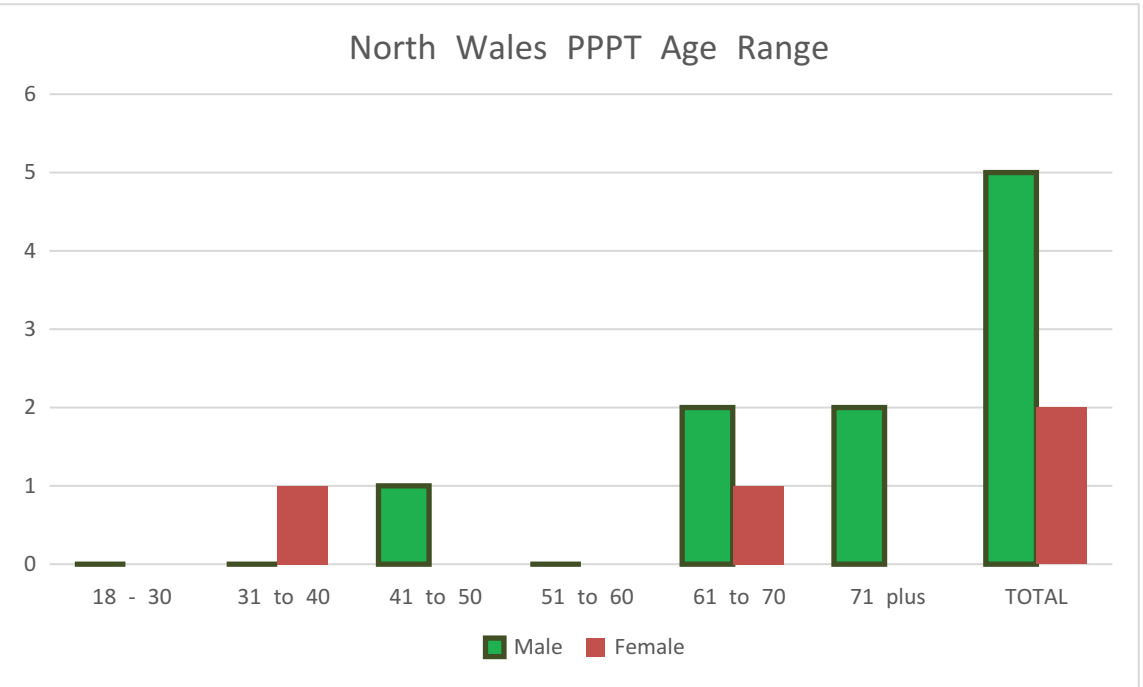


SASE 3

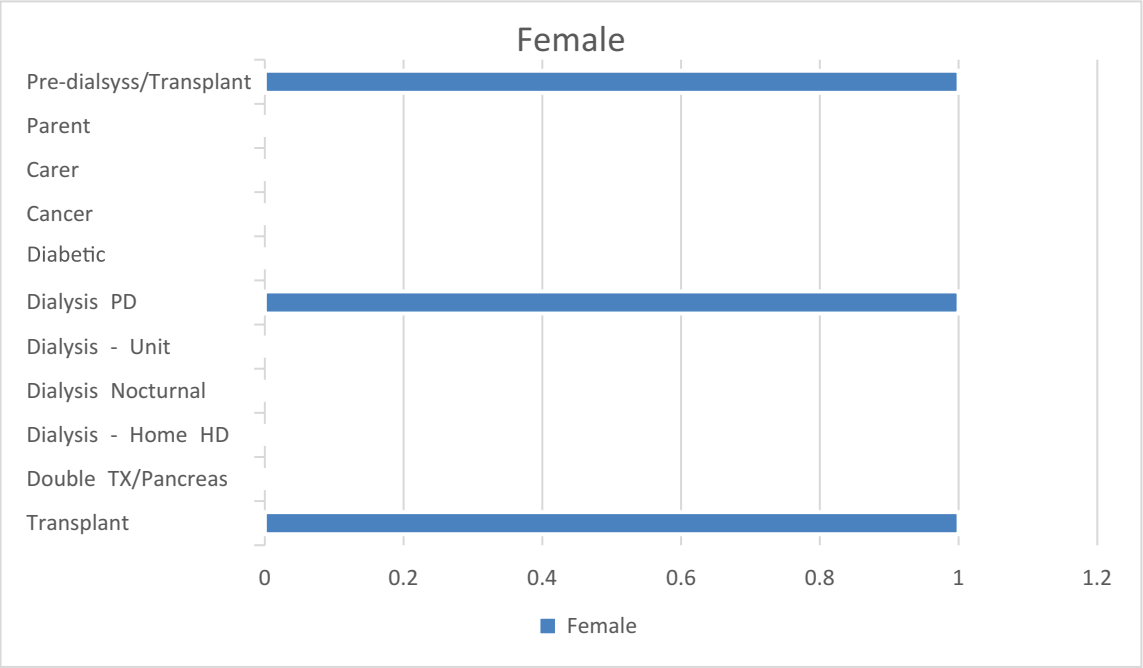


North Wales - Volunteer Popham Peer Mentor Team (PPMT)

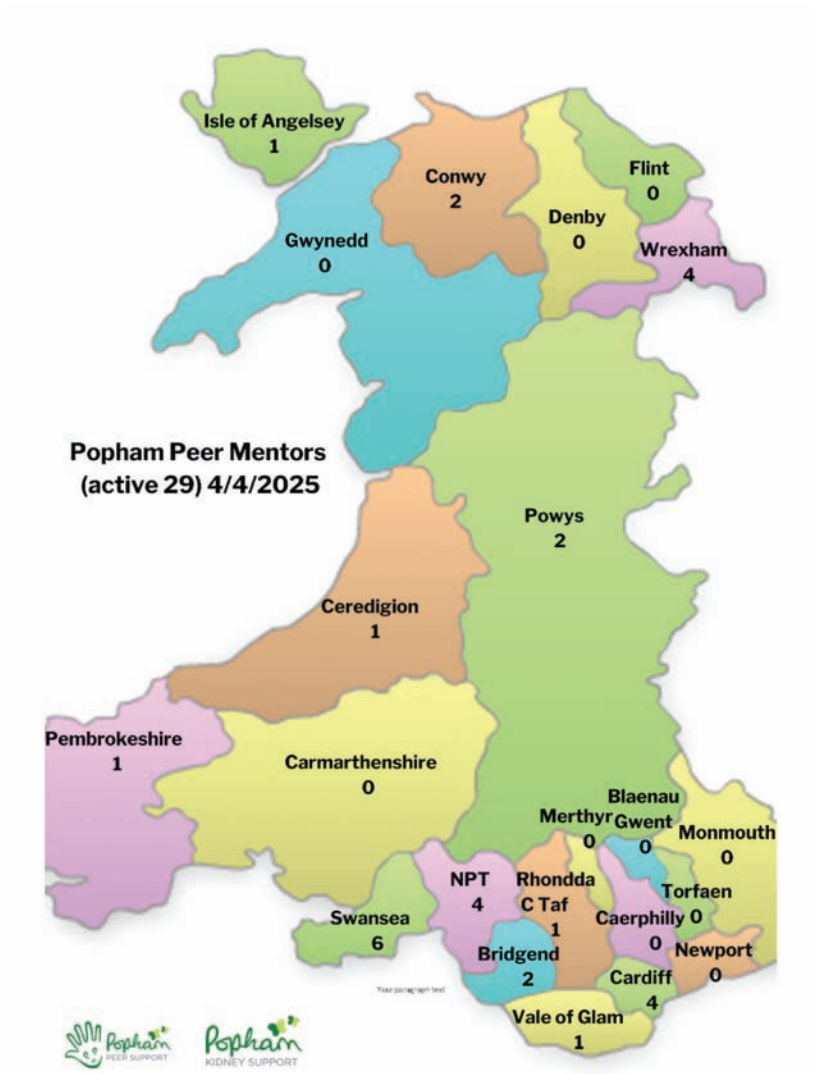
SAN 1



SAN 2



MAP



| Region           | Unit                       | Number of patients | Volunteer Peer Mentors 2022/23 | Current Volunteer Peer Mentors 2024/25 | Goal Volunteer Peer Mentors 10% of patients |
|------------------|----------------------------|--------------------|--------------------------------|----------------------------------------|---------------------------------------------|
| South West - 406 | Aberystwyth                | 22                 | 1                              | 1                                      | 2                                           |
|                  | Carmarthen                 | 87                 |                                |                                        | 9                                           |
|                  | Haverfordwest              | 59                 | 1                              | 1                                      | 6                                           |
|                  | Morriston                  | 219                | 11                             | 6                                      | 22                                          |
|                  | Bridgend                   |                    |                                | 1                                      |                                             |
|                  | Neath & Port Talbot        |                    |                                | 6                                      |                                             |
|                  | Llandrindod Wells          | 19                 |                                |                                        | 2                                           |
| South East - 521 | Llantrisant                | 68                 |                                |                                        | 7                                           |
|                  | Merthyr                    | 96                 |                                |                                        | 10                                          |
|                  | Newport                    | 102                |                                |                                        | 10                                          |
|                  | Cardiff                    |                    |                                | 3                                      |                                             |
|                  | Vale of Glamorgan          |                    |                                | 1                                      |                                             |
|                  | Rhonddfa Cynon Taff        |                    |                                | 1                                      |                                             |
|                  | Penarth Rd (Cardiff South) | 66                 |                                |                                        | 7                                           |
|                  | Pentwyn (Cardiff North)    | 117                | 2                              |                                        | 11                                          |
|                  | Pontypool (North Gwent)    | 55                 |                                |                                        | 5                                           |
|                  | UHW                        | 19                 | 17                             | 6                                      | 2                                           |
|                  |                            |                    |                                |                                        |                                             |
| North - 309      | Alltwn                     | 23                 |                                |                                        | 2                                           |
|                  | Bangor                     | 52                 | 2                              |                                        | 5                                           |
|                  | Glan Clwyd                 | 87                 |                                |                                        | 9                                           |
|                  | Welshpool                  | 22                 |                                |                                        | 2                                           |
|                  | Colwyn Bay                 |                    |                                | 1                                      |                                             |
|                  | Isle of Anglesey           |                    |                                | 1                                      |                                             |
|                  | Powys                      |                    |                                | 1                                      |                                             |
|                  | Conwy County               |                    |                                | 1                                      |                                             |
|                  | Wrexham Maelor             | 95                 |                                | 4                                      | 9                                           |

## Patients Supported

Our patient enquiries increased this year on last year from 86 to 98 you can see below in Diagram1 the split between who needed support and the type of support. Diagrams 2 and 3 details the breakdown of the type of support needed, as you can see in diagram 2 the majority of emotional support needed was due to a feeling of being overwhelmed with their situation and anxious. In diagram 3 the majority requiring treatment advice specifically wanted to know more about dialysis and in Diagram 4 wanted to know about the peer support services we offer.

Diagram 1

5th7 April 2024 to 4th April 2025 Peer Support Enquiries 98

|         |    |                   |    |
|---------|----|-------------------|----|
| Patient | 83 | Emotional Support | 49 |
| Carer   | 14 | Treatment Advice  | 44 |
| Sibling | 1  | General           | 21 |

2024 to 2025 Peer Support Enquiries 98

All wanted to talk to someone who understands

Diagram 2

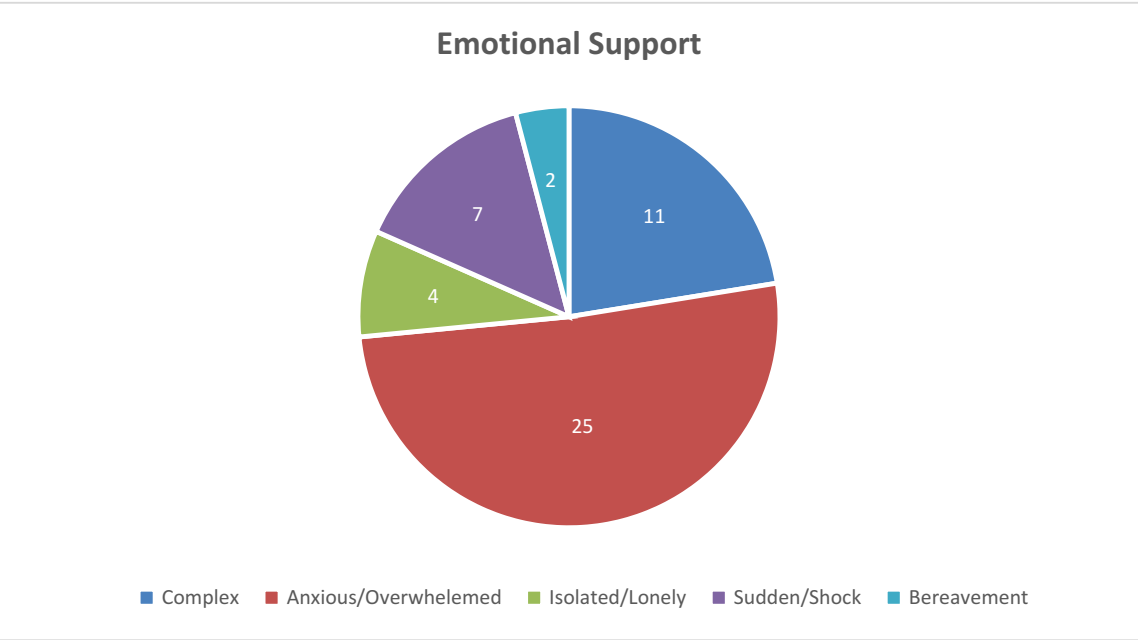


Diagram 3

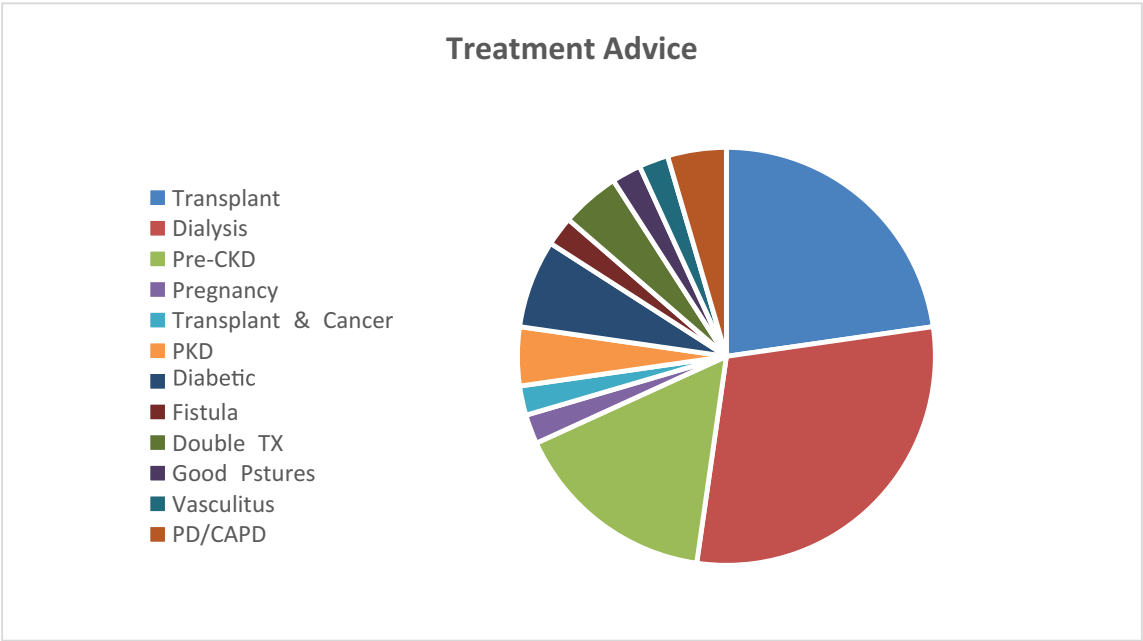
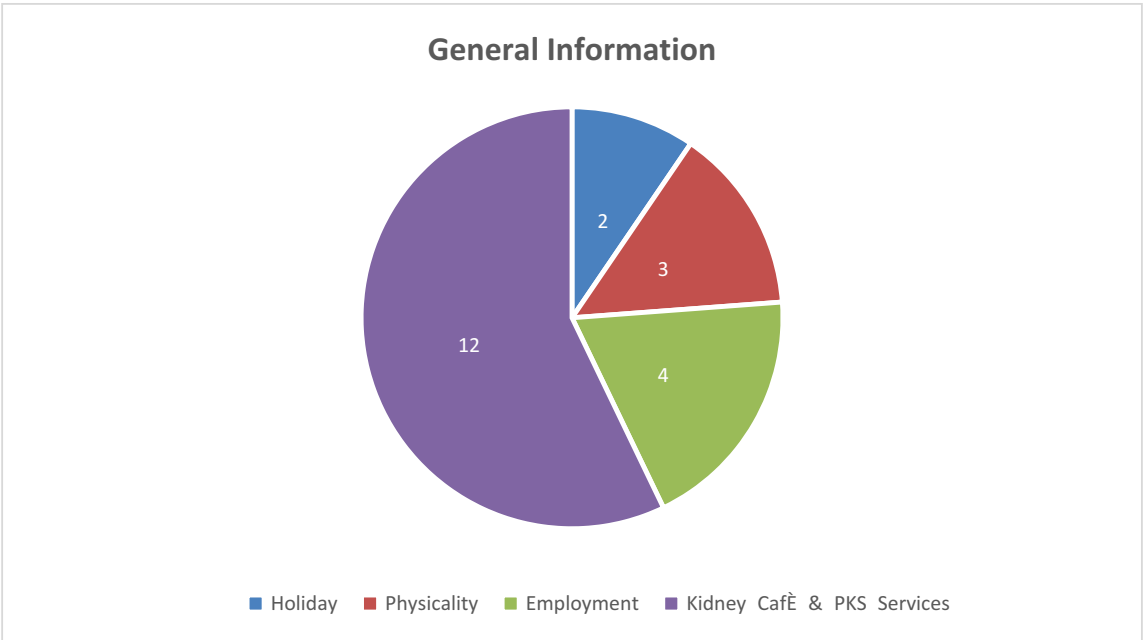


Diagram 4



# Outcomes

We evaluate the service so we can monitor outcomes, ensure we have met the needs of our community and can develop services accordingly. Over the reporting period we have had a 8% return rate on our evaluations.

38% of the evaluations felt very down and could not cope, overwhelmed, anxious or depressed when they contacted Popham Kidney Support. All stated:

- Their confidence and self-esteem had either improved 'a lot' or a 'great deal'.
- They also recorded that their well-being (happiness) had improved 'a lot'
- Out of 1 to 10 they all scored 10 - that they were satisfied with their experience from their first phone call, time taken to receive support, peer mentor matched, understanding their needs and ability to support their needs
- They would all recommend Popham Kidney Support
- Comments made:
  - 'Would like to speak to my mentor when needed'
  - 'Thought provoking'
  - 'Opened my eyes'

62% of the evaluations wanted advice on treatments, transplant & dialysis, new to CKD wanted an understanding of what was involved, pain management and holiday advice. All stated:

- Their knowledge and information had improved 50% 'a great deal' and 50% 'a lot'
- Some recorded that their confidence has improved 40% 'a great deal' and 40% 'a lot'
- 40% recorded their self esteem had also improved a lot
- 20% recorded feeling happier that their wellbeing had improved
- Out of 1 to 10 they all scored 10 - that they were satisfied with their experience from their first phone call, time taken to receive support, peer mentor matched, understanding their needs and ability to support their needs
- They would all recommend Popham Kidney Support
- Comments made:
  - Very good, Support from others is very important
  - I feel more confident about myself, although I have a heart problem as well. I do get very low days, but Popham supporters make me feel stronger. As a person it is good to know I can ring at any time if I need support.
  - I do know that if I need to talk to someone at any time, I only have to call Popham
  - It gave me more of a clear view of what happens after a transplant and what medication I will have to take.
  - Advised me on processes around dialysis away from home dialysis unit.

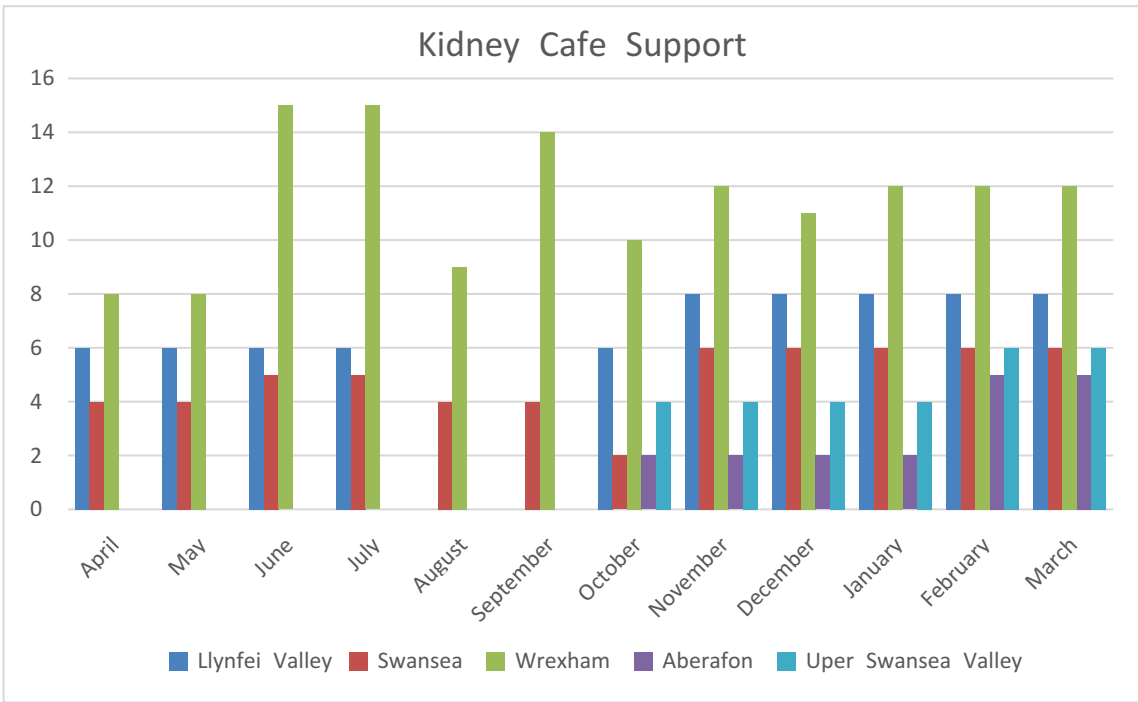
Other outcome recorded with general conversations with our Patient Services Coordinator and Peer Mentors:

- felt better at the end of the call and that it was nice to talk to someone who understood
- feels overall better, started back to work part time and coping well.
- much more comfortable with her diagnoses

# Kidney Café

At the start of 2024 we had 3 kidney café's in Swansea, Llynfei Valley and Wrexham had just started. By the end of 2025 we have 5 kidney café's additionally in Aberfan and Upper Swansea Valley. With a total of 60 members covering all 5 sites who either attend 1 or attend regularly.

Our goal since 2023 has been to have a kidney café in every council ward. Our plan for 2025/2026 is to have 10 Kidney Café's in Wales. We are already developing Welshpool and Mold and looking at Pembroke.



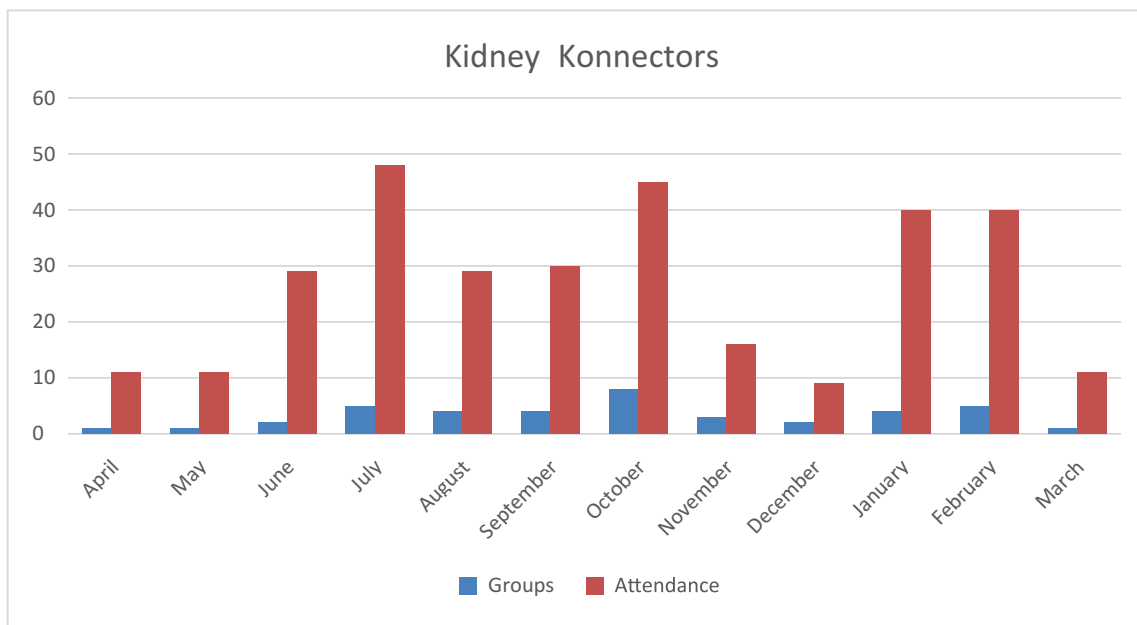
# Kidney Konnectors

Our Kidney Konnector initiative is one where we collaborate with our NHS Colleagues to help them deliver education to specific patient groups such as, Post transplant Pre-Chronic Kidney Disease and Pre-Transplant.

We have worked with, Swansea Education team, Cardiff CKD Nuse team and Wrexham Kidney Care Team and Transplant teams to help either support with a Peer Mentor to talk to the patient group, fund the venue and/or help organise the meeting and provide educational material.

We have supported the following:

- Southwest Wales Chronic Kidney Disease Kidney Konnector
- North Wales Pre-Transplant Road Show Kidney Konnectors
- Low Clearance Clinic, Wrexham
- Cardiff CKD Support Group



## E4H

The aim of the Exercise for Health Group is to encourage those affected by kidney disease to remain active on a daily, weekly and monthly basis, while supporting one another to achieve their goals, the groups goals and as peers.

Members currently stand at 26, 4 new members for 2024/2025 with the remaining being active members over the last 5 years.

A group challenge is created by two volunteers, one a Peer Mentor and walk leader and the other a Charity Champion whose niece has kidney disease.

The group activities for 24/25 were:

1. Brazil 2713 Miles North to South - April to July 2024
2. Australia 2700 Miles East Coast, North to South - July to October 2024
3. California National Parks Completed to date approx. 1500 miles - October 2024 to present

Total virtual miles covered by the group April 24 to April 25 are 7000 miles

The group also met up in-person for a walk in Swansea

1. Neath Abbey Ruins, Neath Abbey Ironworks and Clydach valley - 12 in attendance
2. Cwm Gwrelych Valley - 10 in attendance
3. 4 Lakes Llansamlet - 12 in attendance
4. Abercrave Valley - 4 in attendance

<https://pophamkidneysupport.org.uk/exercise-4-health/popham-kidney-supports-exercise-4-healthgroup-takes-on-neath-abbey/>



An additional Group was established at the end of 2025 in North Wales. Wellness Walks started in North Wales in March 2025 by one of our volunteer counsellors and peer mentors. Since November 2024, 5 walks have taken place with on average 2 to 9 people effected by kidney disease taking part.

## Kidney Crafters

The aim of this group is for anyone effected by kidney disease in Wales who love to craft to meet up virtually with others like them. Facilitated by two peer mentors, the group meets monthly, they share ideas, craft together and support each other through their renal journey.

During this year:

- 7 kidney crafters meetings took place
- There are 9 members, with 2 new for 2024/2025
- Towards the end of the year, 4 of the regular members were ill or dealing with multiple hospital appointments, dialysis, operations & bereavement. As of April 10th 2025, the crafters meeting will commence 2nd Thursday of the month via Zoom for 2 hours

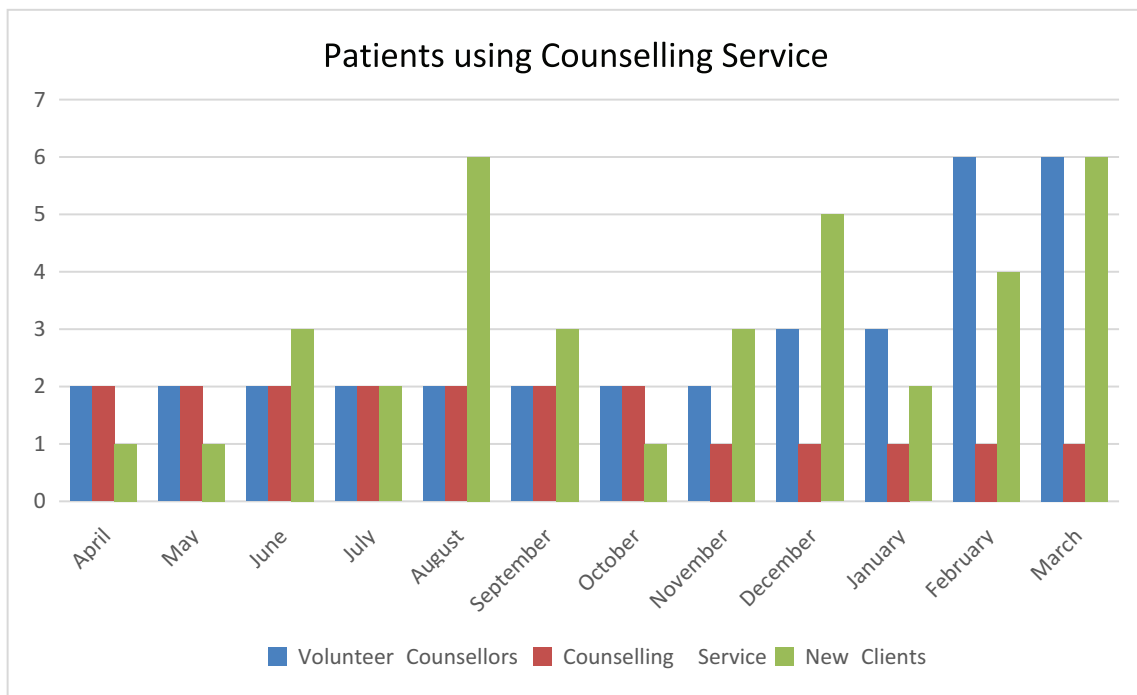
# Counselling Service

We have supported 37 patients this year with counselling, this has gone down from 2024 which stood at 49 patients. This is mainly due to low counsellors at the start of the year with some retiring and recruiting additional support. Going into 2025/2026 we now have a team of 7, 5 volunteer counsellors and 2 paid for services.

Graph 4 indicates our counselor numbers and client numbers throughout the year.

Graph 5 details the outcomes.

Graph 4



## Outcomes

Popham Kidney Support use Core 10's to record outcomes for our counselling clients. The CORE-10 is a 10 item assessment measure for common presentations of psychological distress in those affected by kidney diseases mental health. In addition, scores on the CORE-10 can be divided into categories of distress:

- Healthy (0-5),
- low level problems (6-10),
- mild psychological stress (11-14),
- moderate psychological distress (15-19),
- moderate-to-severe psychological distress (20-24), and
- severe psychological distress (25 and above).

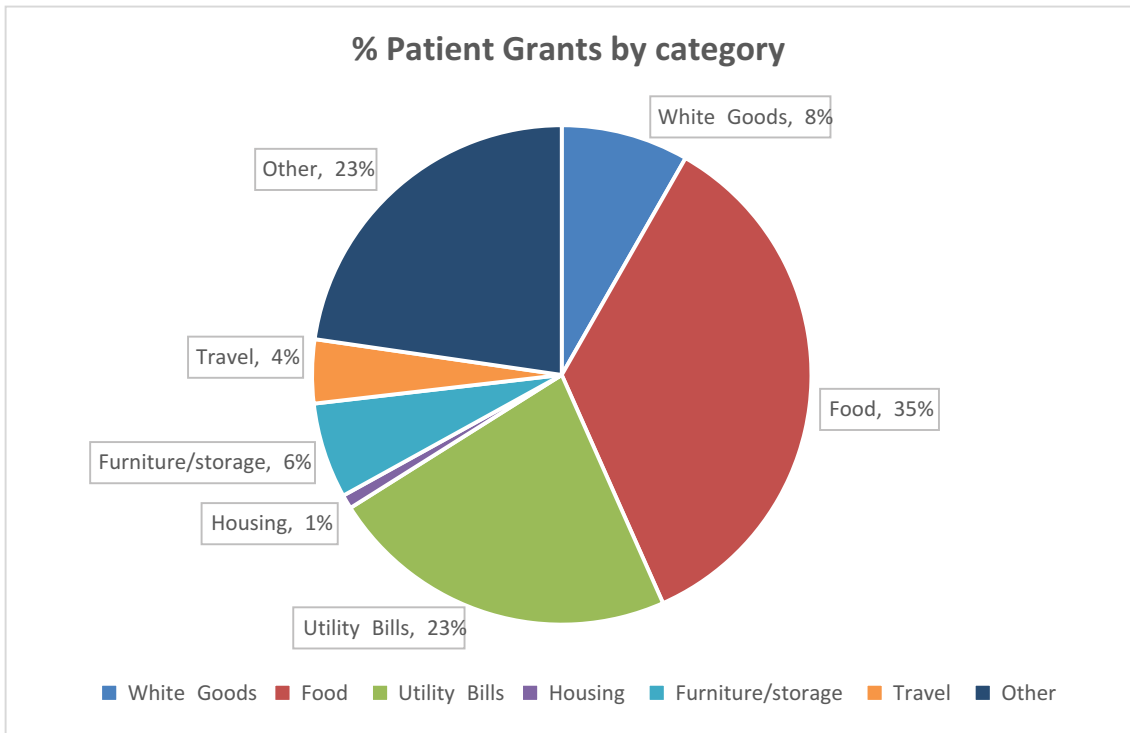
Our guidelines are for our clients psychological distress to lesson within 6 sessions, and for sessions to continue until our clients psychological distress is reported as mild to healthy.

Over this reporting period 16% completed the full 6 sessions with over 50% of those having over 12 sessions. 10% have on-going counselling sessions while 84% have 2 to 5 sessions.

# Patient Grants

April 24 to Aril 25, we received x applications, declined x and supported 43. The total value provided on Patient Grants was £8,488.08. Our patient grant value is £150 and can exceed this in exceptional circumstances. At the end of this year our average grant stands at £197 and will be reviewed for 25/26.

We work with various partners such as step change, Trussell trust and British Gas Trust. This year in addition we worked with eh Hospital Saturday Fund this year to provide support to our community who need mobility aids.



# Collaborative Projects

## Cook & Dine

PKS were delighted to be asked to be a part of Morriston Hospital's "Cook & Dine" project. They held their first event held Taibach, Port Talbot, on Wednesday 10th July. Owain Brookes, Kay Challinor and others from Morriston Hospital Renal Team organised the session to help Kidney Patients learn how to cook healthy meals.

The Cook and dine in the village was very successful. There were about twenty one people in attendance. The members all seemed to enjoy and get a lot of information from the event.



## Transplant Games

We were proud to sponsor Team Wales in the 2024 British Transplant Games, held in Nottingham. It was a record-breaking year, with Team Wales achieving their highest levels of athlete participation and medal wins to date! The British Transplant Games is an annual event held each summer in a different host city, bringing together teams from hospitals and regions across the UK to compete in a variety of sports. This four-day event draws around 1,000 transplant athletes and over 1,700 supporters, celebrating resilience, life and promoting organ donation awareness. This year, the Wales team - made of 40 athletes and 60 supporters - made history with their most successful participation ever in the British Transplant Games, bringing home an impressive 51 medals (including 17 golds). While Team Wales competes in the games to showcase their sporting excellence and win medals, their primary goal is to inspire others by highlighting the positive impact of transplantation.



# Children & Youth Services

## Wellbeing Projects

A Wicked-ly Wonderful Day Out! We had the absolute pleasure of taking several families to see Wicked at the Odeon Cinema, Cardiff Bay over Christmas. This day is an annual day on our wellbeing events calendar . It provides a welcome day out for families of children with kidney disease at Christmas while also offering support to each other, meeting others families, children and siblings going through similar journey.

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.

*'A Treat and able to talk about our situation and what everyone else is doing'*



## Transition Group

Supporting Children & Young Adults moving into Adult Services.

The Transition Programme was piloted at the end of 2023, each of the 8 workshops were developed into evening sessions that took place in September, October and November and included a social activity.

From the pilot a day event was created to cover all 8 topics, 3 day events were scheduled for the year, where children and youths attend all 3 days to complete the 8 workshops in one year.

In addition, other activities were introduced:

- Online Quizzes
- Walking Rugby
- In-person chat groups

Looking ahead, our focus is on embedding a clear strategy to run alongside wellbeing groups - one that promotes positive engagement and long-term support. This includes working with peer mentors to develop key skills, attending young adult units and clinics to build relationships with patients and families, participating in support groups to ensure visibility and accessibility, and organising family days out to foster trust and connection. Additional plans involve creating blogs to highlight domestic challenges faced by families affected by disability and collaborating with partners to deliver meaningful projects that empower and support those living with CKD

This project is ongoing and evolving with a team of medical professionals who are not only purposefully managing their patient loads but also fostering a philosophical approach to their practice to meet the unique needs of their patients.

## Acorn by Synergie

### **Supporting Young People with CKD into Meaningful Employment**

In 2024, we launched an exciting collaboration with Acorn Recruitment to develop a tailored employability initiative for young people living with Chronic Kidney Disease (CKD). Many of these individuals face extensive and life-altering treatment routines that can make traditional employment models challenging.

This partnership reimagines pathways into work by recognising and adapting to each young person's unique skill set, physical capabilities, and long-term health needs. Together, we are creating opportunities that align with both their physical wellbeing and their life goals - empowering them to re-engage with the world of work in a way that is sustainable, fulfilling, and rooted in possibility. This innovative approach aims not only to boost confidence and independence but to lay the groundwork for a future where young people with CKD are seen for their potential, not their limitations.

To date, we have presented our charity's mission, goals, and aspirations to the Acorn team. Our next step is to establish a working partnership between our organizations by developing clear strategic policies and processes to drive project development. We are excited for the next steps.

## Kidney Cross Party Group

Popham Kidney Support became the secretariat of the re-established Kidney Cross Party Group (CPG).

The CPG campaigns for equitable access to services for all affected by kidney disease in Wales and to develop new initiatives and services where there is an unmet need. We bring together those affected by kidney disease, members of the Senedd, Health Care Professionals and Charities interested in Kidney Disease to:

- Increase awareness of kidney disease, screening, and early identification.
- Review and develop the Patient pathway to support early diagnosis and the right treatment choice at the right time.
- Make service improvements.
- Understand the ever-changing political landscape required to achieve and sustain the above.

In the first year there were three meetings.

**Meeting 1's Agenda** highlighted why Peer support should be part of the patient pathway for newly diagnosed people with kidney disease in Wales. Kidney Research UK, Dr Bahari, presented, their Peer Educator-based community project for pre-dialysis patients. PKS, Jo Popham presented How is Peer Support is Delivered in Wales. Two people who received Peer Support through Popham Kidney Support shared their Patient Experience, how would Peer Support have helped them at the start of their journey and now Kevin Carsley & Craig Brocklebank. Popham Kidney Support then outlined their 5 Year Goals with the support of The National Lottery Funding and other funders.

**Actions from meeting 1:** Welsh Kidney Network as a commissioning body want to hear more about the Peer Support Steering Group, how it would/could be developed to inform more of commissioning decisions going forward. The evidence of the efficacy of peer support was clear and wished to be clear that Welsh Kidney Network would be happy to help with any business case in order to secure further funding. Next steps for Peer Support Steering Group, are to create a reporting mechanism that produced statistics, information, and case studies from the Peer Support Service to go forward to inform the relevant bodies, e.g., NHS Wales, Welsh Kidney Network of the importance of Peer Support and ensure that the service is maintained and strengthened for future patients. Currently the service operates within secondary care, expressed the hope that it could be introduced at primary care

Develop the Peer Support Steering Group to report developments to the relevant bodies

Build links and develop collaborative work with Primary Care

**Meeting 2's Agenda** highlighted the inconsistency in housing solutions for home dialysis patients throughout Wales, the disparity of kidney disease compared to other life limiting diseases and the support requested from the Welsh Government. Presentation about the Housing Challenges for Home Therapies in South East Wales from Laura McGuinness, Renal Social Worker, NHS Wales. The second presentation was about the Anglesey Home Dialysis Social Housing Pathway from Llinos Williams, Community Housing Service Manager, Anglesey County Council and Sarah Hirst-Williams, Renal Matron, Betsi Cadwaladr UHB

**Actions from meeting 2:** A co-ordinated approach was needed, reiterating the point that kidney patients needed to be treated appropriately, not differently. The Chair will write to all Senedd members, the Health Minister and the housing minister, and also to all 22 local authorities to ask for their policies. The Secretariat wrote to and Met with Rowan Cadbury, there is work being done to support this initiative within the Senedd.

Next steps for a letter to be written to the housing minister and 22 local authorities.

**Meeting 3's Agenda** was about World Kidney Day 2025: *"Are your kidneys ok? Detect early, protect kidney health"* Dr Alexa Wonnacott, Consultant Nephrologist presented on The impact of CKD in Wales.

Alan Jones, presented on Living with CKD- the patient experience. - Dr Alexa Wonnacott, Consultant Nephrologist and Honorary Senior Lecturer second presentation was around the Strategy and actions to improve kidney health in Wales. Fiona Loud, Policy Director, Kidney Care UK, presented on the #BloodyAmazingKidneys campaign, Actions: to write to Welsh Government to include Kidney Disease in all communications relating to Critical and Life Long Illnesses.

**To find out more information and to join the group:**

Write to: Joanne Popham, Secretariat, AWCPGKD or Mike Hedges MS, Chair AWCPGKD

All contact information visit: <https://pophamkidneysupport.org.uk/contact-us/>

Or Visit: Cross Party Group - Kidneys - Cross-party Group (senedd.wales).

# Patient Statistics

\*session is how many times a peer mentor or patient services co-ordinator supports a patient.

| Total Patients Supported                                                   | 2024 to 2025  | 2023 to 2024 |
|----------------------------------------------------------------------------|---------------|--------------|
| Peer Mentorship                                                            | 121           | 56           |
| Peer Mentorship 1 2 1 New Connections                                      | 98            | 86           |
| Peer Mentorship Sessions                                                   | 760           |              |
| Peer Mentorship Sessions per peer mentor per year                          | 26            |              |
| Peer Mentorship Hours                                                      | 3040          |              |
| Peer Mentorship Hours per Peer Mentor Per year                             | 105           |              |
| Counselling Clients                                                        | 37            | 49           |
| Counselling Sessions                                                       | 333           |              |
| Counselling Hours                                                          | 1332          |              |
| Kidney Café Support Groups                                                 | 5             | 3            |
| Kidney Café Support Group Members                                          | 60            |              |
| Kidney Café Support Group Hours of Support                                 | 960           | 149          |
| Peer Mentor Group Facilitators (2 per group) Hours per group per annum     | 192           |              |
| Kidney Konnectors / Kidney Café Information & Support - patients supported | 132           | 241          |
| Q&A's                                                                      | 0             | 100          |
| Patient Conference                                                         |               | 21           |
| WKPN                                                                       | 4             | 4            |
| On-Line Group Members                                                      | 129           | 129          |
| Grant Applications                                                         | 43            | 50           |
| Grant Spend                                                                | £8488.08      |              |
| Value per grant                                                            | £197          |              |
| Sign Positing                                                              | 18            |              |
| E4H – Virtual Members                                                      | 26            | 62           |
| E4H – In-person walks                                                      | 12            |              |
| E4H – Wellbeing Walks - NW                                                 | 9             |              |
| Kidney Crafters                                                            | 9             | 4            |
| Team Transplant Cymru                                                      | 100           |              |
| Christmas Day Out                                                          | 100           | 50           |
| TYP                                                                        | 40            | 18           |
| Pediatric Social Worker                                                    |               | 60           |
| Parents & Carers                                                           |               | 14           |
| Cook & Dine                                                                | 29            | 15           |
| Kidney Chronicle                                                           | 1500          | 1500         |
| General Information                                                        |               | 1000         |
| Unit Visits 350                                                            |               |              |
| Kidney Cross Party Group                                                   |               |              |
| Awareness Projects                                                         | 14000         | 6000         |
| <b>Total Patients Supported</b>                                            | <b>16,692</b> | <b>9,552</b> |
| Direct Touches                                                             | 842           | 751          |
| Light Touches                                                              | 1850          | 2801         |
| Awareness                                                                  | 14000         | 6000         |

# Awareness

## Raising awareness at Y Farchnad in the Senedd

We were thrilled to attend Y Farchnad on Tuesday, 18th February - a fantastic 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 13th.

Our team - Ceri, Geraint, and one of our excellent peer mentors, Nigel Butler- were based in the main Senedd building, speaking 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.

Running from 11:00 to 14:00, the event gave us a platform to engage with a wide range of visitors and highlight the importance of kidney health. We were honoured to be sponsored by our ambassador, MS Mike Hedges.

Geraint, our Patient Support Coordinator, 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."*

A huge thank you to everyone who stopped by our stand - we look forward to attending again and continuing to raise awareness across Wales!



## Proud to attend the ADPKD Information and Support Day

Recently, our team was pleased to attend the ADPKD Information and Support Day hosted by the Polycystic Kidney Disease Charity. The event, led by Jane Pugh, the Communications and Events Manager at PKD Charity, took place at Mercure Hotel in Llansamlet, Swansea, and was an informative day for chronic kidney disease patients and their families.

PKD Charity, Kidney Wales and Popham Kidney Support were there to provide helpful information and leaflets about support options. Geraint John, our brilliant Patient Services Coordinator and Brenda Board, and Ali Salter, two of our inspiring Popham Peer mentors, represented our charity and sparked interest in our 'exercise for health' programme and kidney cafes.

The day was filled with informative sessions, helping everyone understand Polycystic Kidney Disease (ADPKD) in depth. Dr. Aled Williams covered the basics, Dr. Jennifer Gardner explained genetics, and Rachel Ashcroft talked about Tolvaptan medication. Attendees also learned about kidney transplants and heard touching stories from patients.

Kay Challinor, a Renal Dietitian, shared diet tips, while Melanie Pickman, a Specialist Transplant Nurse, and Bethan Pettifer, a Renal Social Worker, discussed dialysis options and the emotional aspects of ADPKD.

Throughout the day, there were breaks for refreshments and lively Q&A sessions.

Our peer mentors shared their own personal journeys with kidney disease, each story filled with unique challenges and victories. Seeing how much their experiences resonated with others facing kidney disease highlighted the importance of sharing and supporting each other through similar challenges.

Overall, it was an enlightening and supportive day that offered essential guidance on managing kidney disease. Events like these are certainly invaluable for learning, connecting with others, and finding support - making sure that no one facing kidney disease feels alone. We're already looking forward to the next event in September 2024, where we can continue to learn and grow together.



## Orange for October

This October, we launched our 'Orange 4 October' campaign to raise awareness and support for people living with chronic kidney disease (CKD).

We're embracing all things orange and inviting everyone to get involved! Throughout the month, we're encouraging participation in orange-themed activities like walks, recipe sharing, and food art.

We're excited to kick off the festivities ourselves! On Monday, October 21st, at 12 PM, our team will host an 'Orange Walk' starting from the office. We'll be taking a stroll around the lake, snapping photos of orange things along the way. It's a fun opportunity to raise awareness and celebrate the cause - don't forget to share your pictures with #PKSOrange4October! Everyone is welcome to join us! You can donate here.

We're also inviting schools and businesses to join 'Wear Orange Day' on October 25th. Dress in orange, donate a small amount, and help support CKD awareness. All proceeds will go to the refurbishment of the Kidney Centre at Cardiff Children's Hospital. Together, let's create a wave of orange and make a difference!

**Claire Popham**, our Children & Youth Officer, said:

*"Our 'Orange 4 October' campaign is about bringing people together in a fun and meaningful way while highlighting the importance of kidney health. We're thrilled to see so many getting involved, and we hope our efforts encourage CKD patients to explore new dietary options safely."*

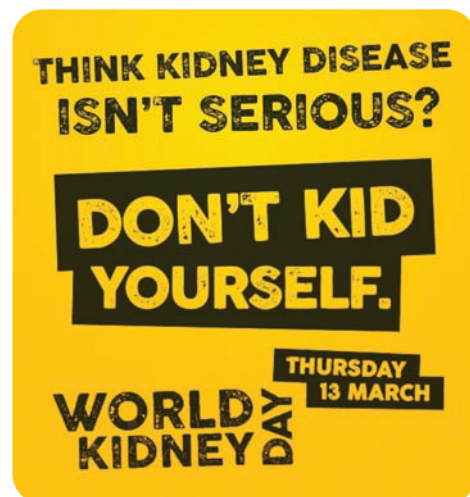
Our goal is to encourage CKD patients to reintroduce oranges and other orange-coloured foods into their diets in moderation. As always, be mindful of any allergies when trying new foods.

## Kidney Charities Together KCT

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. The World Kidney Day 2025

#DontKidYourself campaign took place on Thursday

13 March. The aim of the 'don't kid yourself' campaign was to bust the myths that that kidney disease is not just caused by lifestyle choices; that not many people are effected; and that transplant is a cure. 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.



# Fundraising

Our fundraising strategy is to attribute funds raised to the above objectives. This provides transparency for our individual fundraisers, corporate partners, grant and trust providers. Our fundraising approach is to build relationships within the communities we serve throughout Wales, including individuals and commercial businesses within those communities. We monitor and evaluate the services we provide demonstrating to our funders how the charity, its services and beneficiaries have been supported and how they will be developed with their support.

Total raised in the financial year £250,058.99 this is a 26.46 % increase on 23/24 £197,738

|                     | 23/24      | 24/25       | Increase on 23/24 % | % of 24/24 Total income |
|---------------------|------------|-------------|---------------------|-------------------------|
| Community           | £45009.80  | £53939.59   | 19 %                | 21.6 %                  |
| Legacy              | £270       | £1020       | 3 %                 | 0.4 %                   |
| Grant               | £140306.25 | £174,029.30 | 24 %                | 69.6 %                  |
| Corporate           | £2362.78   | £6655       | 2 %                 | 2.7 %                   |
| Charitable Activity | £9764.17   | £12982.79   | 33 %                | 5.2 %                   |
| Investments         | £25        | £1,432.31   | 5630 %              | 0.5 %                   |

## Breakdown of Costs

- Peer Support £124295 52.25p
- Beneficiary other £36314 15.25p
- Charity £77258 32.5p
- Cash in the bank at the end of the year
  - £100027.93
  - Restricted Funds £27280.32
  - Unrestricted £72747.61

## Grant Funding

We have been very fortunate to receive grant funding from regular funders, and this year new funders to help our charity support people with kidney disease to have a better quality of life. Total Grant Funding equated to £174,029.30 which is 24% increase on 2023/2024.

National Lottery People & Places 5-year grant

Popham Peer Support Service - Emotional Wellbeing for children, youths, and adults with kidney disease and their families in Wales. To develop our Peer Support Service throughout Wales.

Our National Lottery People & Places 5-year grant commenced in February 2023. This year was our second year of funding, in the financial year April 2024 to April 2025 this equated to £83,267.41.

### **National Lottery Awards for All 2-year grant**

We were really pleased to receive funding from Awards for All, £19875 to develop our Popham Kidney Cafes, to help your community thrive.

### **Swansea University & Health Board**

We received an internship grant for student support from Swansea University and funding for collaborative work also from Swansea University.

### **Moondance**

We received £12,000 from Moondance Foundation at the end of 23/24 ready for this financial year, this helped us secure our Children & Youth Officer in post to help us to support the development of our Children & Youth Services in particular the work on our Transition program

### **Postcode Community Fund**

We received £25,000 from Postcode Community Trust of unrestricted funds supporting their following themes:

- Enabling participation in physical activity
- Preventing or reducing the impact of poverty
- Providing support to improve mental health (please note; we will only fund organisations that are actively supporting mental health issues, not general mental wellbeing activities)

### **Hospital Saturday Fund**

We received £9775 from the Hospital Saturday Fund to develop the Transition Youth Programme. To equip the children and young people with the knowledge, tools and confidence to ease their way into adult services independently.

### **Albert Hunt Trust**

We received £5000 in support of our Counselling Service

### **BAVO**

We were successful with BAVO in securing funding for the Youth Led Grants to support young people to volunteer in Bridgend County we were awarded £860.

### **West Glamorgan Capital Fund**

warded Minor Projects funding in 2024-25





## Community Funding

### Charity Golf Day raises over £12,500 for Popham Kidney support!

Golfers from across England, Scotland and Wales gathered at Clyne Golf Club on Friday 12th July to support our charity!

The competition successfully raised an amazing £12,500, which will be used to support children and their families living with kidney disease.

One ongoing project to benefit from the funds raised is a *"Residential Activity Weekend,"* where the children are accompanied by renal social workers and support staff. Local children suffering with CKD benefit greatly from these weekends, engaging in activities that would be typically out of reach for them - the weekends provide much needed respite for their families too.

The golf day showcased the compassion of the Swansea community, with numerous respected local and national businesses sponsoring the event, including Andrew Evans Painting, Shirgar Butter, C.E.M Days, Yuasa Batteries, Mahle Filtration, J.C.Irvine and Phil Lake, and many more!

This year saw a record 50 teams and 200 golfers taking part, marking another year of growing entries. The incredible success of the day wouldn't have been possible without the brilliant organisation of Mr. Kim Loosmore, making the event run smoothly! We owe him a huge thank you!

Alongside an exciting golf tournament, the event featured a fundraising dinner, presentation, raffle and auction.

This year's tournament winners were the Rees Family: dad Mark and his three sons; Vaughn, Ashton and Mason.

## Marathon Heroes: Simon and Andy raise £3,000 for Popham Kidney Support!

This year, we at Popham Kidney Support were lucky to have two dedicated runners take on the iconic London Marathon in support of our charity!

Andy Golley and Simon Treharne, valued members of our affiliate running club, the Paul Popham Running Club, raised an incredible £3,000 for Popham Kidney Support, making a significant impact on our mission to provide vital assistance to those affected by kidney disease across Wales.



## Paul Popham Running Club

Paul Popham Running Club, raises money for Popham Kidney Support through membership fees, their annual 5k series, Wear Wally event and some fundraisers throughout the year. This year they donated just over £1000.





## Fundraising Ball

### Popham Kidney Support's Annual Awards Dinner Raises Incredible £2000 for Children's Kidney Centre

Popham Kidney Support's Annual Awards Dinner made its long-awaited return on Friday September 13, at Morgan's Hotel, Swansea - raising over £2,000 for the charity. This annual event . As well as celebrating the successes of the charity, the event also functions as a fundraiser. The proceeds of which provide emotional, physical, and financial support to children, young people, adults, and their families affected by kidney disease across Wales. the money raised during the evening will contribute to Popham Kidney Support's £132,000 goal for the refurbishment of the Children's Kidney Centre at Cardiff & Vale University Hospital.

The awards ceremony was hosted by the charity's ambassador and beloved Welsh TV personality, Sian Lloyd, recognising individuals who played a crucial role in supporting the charity's fundraising and mentoring efforts over the past year. Joining as co-host, Swansea legend and fellow ambassador, Kev Johns, led the raffle and auction, where guests won and bid on a variety of exciting prizes.

Among the attendees were The Right Worshipful The Lord Mayor of the City and County of Swansea, Councillor Paxton Hood-Williams, and Lady Mayoress, Patricia Hood-Williams.

The sponsors of the sold-out event were DWJ Wealth Management and Prescott Jones, with Seren Global Media as media partners.

This event will change in 2025 from a Fundraiser and take place at our annual Christmas Celebration. While we review our Fundraising Ball theme for 2025.

## Cwmtwrch Rugby Club

A huge thank you to Cwmtwrch Rugby Club for their incredible support!

Here at Popham Kidney Support, 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 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.

The fundraising journey kicked off back in February, when rugby player Gareth grew out his beard in anticipation of his big "*brave the shave*" in June, raising a fantastic £1,208. The next event was a Six Nations raffle in March, bringing the local community together for a great cause. Then, in April, the club hosted a hypnotist night with a live band, offering an evening of fun and entertainment while raising funds for our charity.

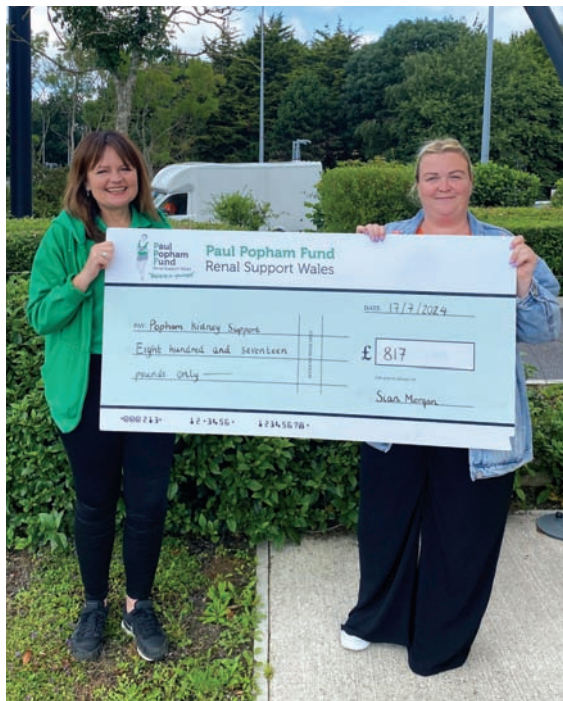
But it didn't stop there! In May, three incredible nurses and club supporters - Sheree, Stacey, and Menna - took on an extraordinary challenge: climbing Pen Y Fan ten times in 24 hours, raising an amazing £2,000. In July, the club organised a walk to cover 2,013 miles, symbolising the founding year of Popham Kidney Support, along with a successful golf day. And to cap it all off, a stunning fireworks night wrapped up the year!

Several members of Cwmtwrch Rugby Club, 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.



## The Amazing Morgan Family Raises Money for PKS in Memory of Their Daughter Keely



On 15th June, the Morgan family organised a truly special event - a charity football tournament run by Caerau Ely Community FC, the football club where their middle child, Kai, plays.

In addition to raising funds for our charity, the football tournament was hosted in loving memory of the Morgan family's eldest daughter, Keely, who tragically passed away in a collision last year.

In 2019, Keely was diagnosed with stage 5 chronic kidney disease (CKD). After extended hospital stays and 18 months of nightly home dialysis, she finally found a match and underwent a kidney transplant.

To find healing, Keely's mother, Sian, began fundraising in her daughter's

memory to help other children facing daily struggles like Keely did - as she recalls how Keely often struggled, losing confidence and feeling isolated at times during her CKD journey. Sian believes that if she can help at least one child, and improve their daily support, it would bring her immense comfort.

The tournament kicked off with a fun match between the adults and the coaches, followed by games featuring children's teams of various ages. Despite the gale force winds and rain, the weather couldn't dampen the incredible atmosphere. The community's spirit shone brightly as everyone enjoyed the day to the fullest.

At the end of the day, Keely Morgan trophies were awarded, and the children were thrilled to receive our Popham Kidney T-shirts as another prize. An impressive £817 was raised for us at Popham Kidney Support!

Our team has been deeply moved by the Morgan family's incredible strength and compassion. Despite their personal grief, they have found the capacity to help our charity and the CKD community in the most remarkable way. Additionally, the outstanding generosity of the local Caerau Ely Community was truly inspiring. Witnessing such a heartfelt outpouring of support and unity has reminded us of the importance of supporting one another, particularly through the hardest moments.

Given the overwhelming positivity and success of the tournament, the Morgan family has decided to make it an annual tradition. They are excited to continue hosting events in memory of their beautiful daughter and sister, Keely, who, despite the hardships of CKD, always managed to persevere with a smile on her face.

We are extremely grateful to the Morgan family, Caerau Ely Community FC, and everyone who participated in and supported this wonderful event. Your generosity and community spirit make a world of difference.

## Popham Kidney Support chosen as charity for Merched y Môr's historic Atlantic row

We are thrilled to announce that Popham Kidney Support has been selected as one of Merched y Môr's charities for their upcoming charity row across the Atlantic Ocean!

The Merched y Môr crew, proudly hailing from Pembrokeshire, comprises four exceptional members: Denise, Helen, Heledd, and Liz. These extraordinary women are poised to make history as the first all-female crew from Wales to conquer the 'World's Toughest Row' across the mighty Atlantic Ocean!

These remarkable women are determined to show that nothing, whether it's gender, aging bodies, or mindset, can stand in the way of achieving greatness. This unique opportunity is truly a once-in-a-lifetime experience, and Merched y Môr are embracing it with unwavering determination!

For their unaided charity row across the Atlantic Ocean, Denise, Helen, Heledd, and Liz must prepare for the physical and mental challenge that lies ahead, as they will be rowing 24/7 in all conditions, for approximately six weeks, to reach the other side!



Merched Y Môr's journey to get to be start line ready has now begun; however, they will need your help! Between now and December 2025, there are several practical and financial hurdles to overcome. The ladies have secured an ocean rowing boat, but covering the costs of this,

along with associated equipment, training courses, shipping, and food for the row, is no small feat! Every donation, no matter how small, gets Merched y Môr one step closer to the start line, and one step closer to raising thousands of pounds for their chosen charities, including us!

We are incredibly honoured to be selected as one of the charities alongside the RNLI, Sea Trust Wales, and Action for Children. These organisations all do amazing work to support both local communities and broader causes. It's a true privilege to be in such esteemed company, united in our commitment to making a positive impact and serving those in need, near and far.

## Irene Jones raised £2000 for Popham Kidney Support!



Irene Jones, a Pembrokeshire native with a heart of gold, went above and beyond to raise over £2,000 for our charity through an extraordinary community raffle to try and do something positive as her grandson has kidney disease. Her dedication,

coupled with the overwhelming support of local businesses and residents from across the southwest Wales region, turned this effort into a massive success. Irene sold an impressive 2,000 raffle tickets, which is a true testament to the generosity of the people of southwest Wales - the funds raised will have a significant impact on the work we do, supporting kidney patients all across Wales!

## Gorsgorch Show

Gorsgorch community came together this year to raise money for two charity's in support of a young lad within their community who had been diagnosed with kidney disease. One of the farmers sons left on a gap year to explore Australia but sadly after only a short time fell seriously unwell, was hospitalised and was found to have end stage renal disease at the age of 19. Once stabilized he was flown home and is now receiving PD with a view to live donor transplant.

The show committee kindly decided to share half of the proceeds of the show this year with Popham Kidney support and to be ring fenced for the Peer Support Service as they felt this was where funds were best placed to support people like their local lad. Each year they look to donate to a charity that has touched the lives of a family in their farming community.

The show was held on Saturday the 17th of August. A total of £4000 was donated to Popham Kidney Support to develop the Peer Support Service and in particular this will be put to developing Peer Support in West Wales.



## A retired Nurse, Melanie Jones raised £900 for Popham Kidney Support at the Brighton Marathon

We were absolutely thrilled- Melanie Jones had gone above and beyond, raising an amazing £900 for Popham Kidney Support during her run at the Brighton Marathon!



This event, known for its scenic coastal route and challenging terrain, draws thousands of dedicated runners annually, each making a significant impact by raising essential funds for charities like ours. Through Melanie's dedication and hard work, she has made a real impact, helping us to

continue supporting individuals and families affected by kidney disease. Melanie's connection to renal care runs deep, starting from her nursing qualification back in 1992.

## Sea View Primary School runs 5K for Popham Kidney Support!

On Friday 24th May, we had the pleasure of attending Sea View Primary School's very first 5k run!

The children were raising money for their PTA and for us, Popham Kidney Support, with half of the funds going to each cause. We're not sure how much has been raised so far, but we were excited to pitch in with a race arch and a gazebo!

Our Admin Assistant, Ava, and Children & Youth Officer, Claire, had the joy of running alongside the children, cheering them on as they completed eight laps to reach 5k! The afternoon was filled with excitement and determination from the Year 5 and Year 6 students, who were certainly the stars of the run.

The rest of the school showed incredible support, lining the route with instruments, clapping, and cheering. The staff were amazing in their encouragement, and it was fantastic to see local councillors joining in to support the young runners too!

We are immensely proud of these young champions and grateful for the community spirit that made this event so special. The dedication and enthusiasm from everyone involved truly showcased the strength and unity of our community within Swansea. Events like this remind us of the positive impact we can have when we come together to support one another.



## Other Fundraising throughout the year included:

- Tesco Bucket Collection Days throughout Wales
- Our Monthly Lottery
- Mike Hedges MS Donating survey completions to the charity
- Shaun Williams taking on a mighty trail run for the charity
- Paul Gray - 40 mile ultra photos
- Cardiff Half Marathon Class of 24
  - Dylan Gibson
  - Heather Shelley
  - Donna Follett
  - Ffion James, Elin Gower and Awen Gower - PKS - Awen Gower Record Funds Raised for Popham Kidney Support at the Cardiff Half Marathon!.docx
  - Brendan Sweeney - PKS - Brendan Sweeney Cardiff Half Marathon to Kidney Transplant L.docx
- The Sketty Club - Drag Night
- Swansea Half - our own wonderful member of staff Ava Houston Phillips running her first ever half marathon
- White Collar Boxing event organised by a Mum, Laura Lyons; and
- Rachel Williams, also a mum organizing a - Coffee & Cake morning

## Corporate Support

- John Morse Solicitors donate funds every year.

## Brick Campaign

We launched our BRICK Campaign this year to raise money for the Refurbishment of the Children's Kidney Centre Outpatient department. With the support of many who have been touched by the Children's Kidney Centre we have reached £70,000 with another £72,000 to go. We are hoping our Brick Campaign will help us achieve this.

The brick purchased will be placed on the wall of a thoroughfare corridor, leading to the Children's Kidney Centre at the University Hospital Wales. This area has around 2000 people passing every day.

- We had 180 bricks available - now 165
- Businesses or individuals can purchase a brick for an annual cost of £250, £350 or £500. After 2 years they will have the opportunity to renew
- Logos or names 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 organisations website.

## The Construction Club of Swansea raised £3,000

The Construction Club is a not for profit construction networking club who organise events aimed at building your connections and business opportunities across Wales.

The Construction Club committee are:

- **Jamie Lannen** - Regional Director at Atkins Realis
- **Joan Tamlyn** - Head of Business Development at John Weaver Contractors
- **Andrew Gardener** - Senior Design Manager at Kier Construction
- **Geraint Hopkins** - Consultant Engineer
- **Claire Broad** - Associate Director at Rio Architects
- **Darian Jones** - Associate at McCann and Partners



This generous contribution will play a pivotal role in supporting our continued mission to improve the lives of individuals and families affected by kidney disease across Wales.

The Construction Club organise events where funds raised is donated to a chosen charity and this year the construction club choose Popham Kidney Support. First of these events, the Winter Dinner, took place at the Village Hotel in Swansea. It was an unforgettable evening where construction industry professionals and local supporters came together to raise vital funds. Hosted by Sean Holley, the night featured entertainment from comedian Mike Bubbins, ensuring a fantastic atmosphere and lots of laughter - It was a brilliant start to a successful fundraising effort.



Next up, a breakfast at the Machynys Peninsula Golf Club and Spa in Llanelli brought even more support! Guests were treated to a powerful and inspiring talk from Philippa Tuttiett, a former International Rugby Union player and now a respected presenter. The £3,000 raised at these events will go

directly to supporting our work here at Popham Kidney Support. These funds will allow us to continue providing critical services such as peer support, counselling, health groups, and education programmes for children, young people, and adults living with kidney disease. This means we can offer even more help to families across Wales who are navigating the challenges of kidney disease.

## TRUSTEES IN OFFICE

Mr Robert Sheffield  
Ms. Lynne Orton  
Dr Ash Mikhail  
Mr John Turner  
Mr Kim Loosemore  
Ms Gill Sheppard  
Mr Roger Hickman  
Ms Leanne Howe  
Ms Rhian Gwilliam  
Mr Lewys Richards  
Mrs Mari Major

## RETIRED TRUSTEES

Ms Hayleigh Isaac  
Mr David Fellowes

# Future

Our ultimate future aspiration is for our Peer Support Service to become part of the patient pathway for Renal Services in Wales. For the Charity to be an exemplar charity for this service within kidney disease and throughout the UK. For our volunteer Peer Mentors to become recognised as the go-to volunteers for advice, support and information alongside their clinician for lived experience - filling the hospitals with a sea of green as they continue to support their fellow Peer Mentees.

To achieve this aspiration, we want to develop the service so there is a consistent and even spread of Peer Mentors throughout Wales. To build on the foundations created to have a team of 123 Volunteer Peer Mentors; supporting over 1200 patients directly with one-to-one peer support; and 6000 in total from the additional services that are run by our Peer Mentors through our support groups -Kidney Cafés and activity-based support groups - Exercise for Health Groups. We want to develop a Patient Hub of information via an on-line forum over the next 5 years.

## NOTES:

For further information on this impact report please contact:

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