Popham Kidney Chronicle

Issue 8: July 2025

In April, **Popham Kidney Support** proudly received its highest honour to date - **The King's Award for Voluntary Service**, the most prestigious recognition a voluntary group can achieve in the UK.



The King's Award for Voluntary Service

Proud to receive recognition from the King

Often described as the MBE for voluntary organisations, the award was officially presented on Friday 11 April 2025, during a formal ceremony at The Mansion House in Swansea.

The King's Award celebrates outstanding contributions made by volunteer-led groups across the UK.

Popham Kidney Support was first announced as a recipient on 14 November 2024, joining a select group of just five Welsh organisations and 281 across the UK to receive the honour that year.

Originally established in 2002 by Her Late Majesty Queen Elizabeth II to mark her Golden Jubilee, the award continues under His Majesty The King, with this year marking only the second presentation under its new name.

At the ceremony, Mrs Louise Fleet CStJ JP, His Majesty's Lord-Lieutenant of West Glamorgan, presented CEO Joanne Popham with The King's Award crystal and certificate, formally acknowledging the charity's exceptional impact in communities across Wales.

Our CEO **Joanne Popham** said:

"On behalf of our dedicated team and incredible volunteers, I'm deeply honoured that Popham Kidney Support has received The King's Award. It's a powerful recognition of the emotional, practical, and financial support we offer to those living with kidney disease and their families."

"When my family, friends and I founded the charity eleven years ago, following the loss of our wonderful father and friend, Paul, we were driven by a simple mission - to ensure that no one facing kidney disease would ever feel alone. This award is not just a moment of pride, it's a tribute to his legacy and a celebration of the unwavering dedication of everyone who has supported our journey."

"The ceremony was a truly special occasion - a fitting way to mark this incredible milestone and honour the contributions of our exceptional team and volunteers, especially our extraordinary band of volunteer Peer Mentors!"

NEWS

Thank you to Global Make Some Noise

In April, we were thrilled to receive a much-appreciated **£69,000** grant from **Make Some Noise**, the official charity of Global, the media & entertainment group.

The money will provide children and young people with kidney disease in Wales access to a Transition Programme, supporting them in adjusting to the long-term impact of kidney disease on their future.

Joanne Popham, our CEO, said: *"We are thrilled to have been awarded funding from Global's Make Some Noise for the next two years. The funding is going to make such a difference to the lives of children and youths affected by kidney disease. Thank you to the listeners of Global radio stations, for their generosity."*

We are just one of the 46 small charities which received a share of over £2.9 million in funding from Global's Make Some Noise, for life-changing projects in local communities across the UK.

Global's Make Some Noise also raises awareness of the wide range of issues its funding is tackling with over 29.2 million weekly listeners across Global's radio brands including **Capital**, **Heart**, **Classic FM**, **Smooth**, **LBC**, **Radio X**, **Capital XTRA** and **Gold Radio**.

To find out more, contact **joanne@pophamkidneysupport.org.uk**

World Kidney Day

When was the last time you thought about your kidneys? These small but powerful organs work tirelessly, filtering waste, balancing fluids, and maintaining your body's health. Yet kidney health is often overlooked until problems arise.

That's why World Kidney Day matters so much.

On Thursday 13 March 2025, charities like ours, health organisations, and communities worldwide came together to raise awareness about kidney health, promote early detection, and encourage healthier lifestyles to prevent kidney disease.

This year's theme, "Are your kidneys OK? Detect early, protect kidney health," highlighted the critical importance of early detection and proactive care. Since kidney disease often develops silently, many people remain unaware until it's too late. But with simple lifestyle changes and regular health checks, significant progress can be made.

We encouraged everyone to take easy steps to protect their kidneys: get regular kidney function tests if you're at risk, stay hydrated, maintain a balanced diet low in salt and processed foods, and help raise awareness among your friends and family.

Your kidneys work hard for you every day - this World Kidney Day reminded us all to return the favour.

Small changes now can make a big difference to your future health.

Educational awareness at HSS



Our hard-working team members Ceri and Ava have been busy as ever raising awareness.

They visited HSS Pontypridd to deliver a presentation on raising awareness of Chronic Kidney Disease (CKD) and the work we do here at Popham Kidney Support.

This fantastic opportunity was organised with the help of our amazing Peer Mentor, Rod Bentley, who is using his local connections, continuing to help us spread the word and raise awareness in the community.

The event was a great success, and we're so excited to plan more awareness days like this soon!

A big thank you to everyone who came along and supported us.

To organise your own educational day at your company, contact **ava@pophamkidneysupport.org.uk**



New running top

We are delighted to reveal the design of our brand-new Popham Kidney Support running top-and we're sure you'll agree, it looks fantastic!

The best part? If you fundraise for us, not only will you be making a real difference to patients and families in Wales living with kidney disease, but you'll also earn yourself the hottest top on the running scene!

Ready to run, raise, and represent?

To join Team Popham, email **ava@pophamkidneysupport.org.uk**

NEWS

Kilometres for Kidneys 2025 - *What a Journey!*

Raising over £150, this virtual walking event helped shine a light on the importance of kidney health while generating vital funds. The money raised will go towards the refurbishment of the Children's Kidney Centre, making a real difference for young patients and their families.



Over the course of a month, supporters across Wales and beyond laced up their trainers and got moving - all to raise awareness and vital funds for Popham Kidney Support.

Starting on World Kidney Day (March 13th) and finishing on April 13th, participants challenged themselves to improve their fitness while supporting children, young people, and adults living with kidney disease.

This wasn't just about getting active, it was about making a real impact. Every kilometre completed helped raise awareness and directly supported



Nikki Massey, K4K participant.

KILOMETRES FOR KIDNEYS

families affected by kidney disease in Wales. From scenic strolls to epic endurance treks, every step counted.

The Challenge Levels

Participants chose their own pace and path - walking, running, or moving however suited them best. Here's what they tackled:

Easy
- Ogmore By Sea to Nash Point - 10k
- Oxwich to Caswell Bay - 16k

Medium
- New Quay to Aberporth - 22k
- Borth to Aberaeron - 38k

Hard
- Pwllheli to Aberdaron - 49k
- Gower Coastal Path - 69k

Very Hard
- St David's to Aberystwyth - 113k
- All around Anglesey - 200k

Group Challenge
- Wales Coast Path - 1,400k

Why They Took Part

Because it mattered. Participants weren't just clocking up kilometres - they were helping to improve the quality of life for those affected by kidney disease. Together, they raised awareness, funds, and hope.

A huge thank you to everyone who took part, donated, and supported the cause.

You made Kilometres for Kidneys 2025 an unforgettable success!

To join in next year, email ava@pophamkidneysupport.org.uk

Update of Brick Campaign

We are raising funds for the Children's Kidney Centre at the 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.

We can now reveal the names of those who have bought a brick so far. The individuals and companies who have participated are **David Fellowes**, **John Turner**, **UK Kidney Association**, **Future Asset Manager**, **Will Group Wales, Saica Pack** (2 bricks), **Balmoral Tanks**, **Celtic Recycling**, **Rachel Williams**, **Pump Supplies**, and the **Welsh Blood Service**.

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.

You can also click on this QR Code to go to our website where you can purchase your brick or email Hayley at **hayley@pophamkidneysupport.org.uk**



PATIENTS



Unveiling our Rhyl Kidney Café

We at Popham Kidney Support are excited to announce the opening of another Kidney Café!

As part of our ongoing expansion across Wales, we're bringing our next Kidney Café to the lovely seaside town of Rhyl in North Wales.

The Rhyl Kidney Café will take place at Costigan's Coworking Space (40 Bodfor St, LL18 1AT) - a central, easily accessible venue with great public transport links and convenient parking - on the third Friday of every month, from 11am to 1pm.

Whether you're living with kidney disease or supporting someone who is, we'd love to welcome you for a cuppa and a chat. Our volunteer team, group facilitators who are trained peer mentors will be there to offer support, share experiences, and answer questions.

A note to all attendees: Booking is essential - to reserve your place, please call **0333 2001 285** or email **support@pophamkidneysupport.org.uk**

To find out more about our Kidney Cafés, email Claire at: **claire@pophamkidneysupport.org.uk**

Deconstructing Donation Bangor

WKRU -5th June

On 5th June, we attended the **Deconstructing Donation Conference 2025** at Bangor University, held at the Pontio Arts and Media Centre.

Supported by the British Sociological Association and the Wales Kidney Research Unit, the event brought together researchers, practitioners, and professionals to explore the theme Transforming the Boundaries of Donation. Discussions focused on emerging developments in donation research, including the potential and ethical challenges of animal-to-human transplants. The day also featured a keynote address from Dr Rommel Ravanan, Consultant Nephrologist and Transplant Physician, who shared insights on innovation and the future of donation science.

UK Kidney Week

UK Kidney Week 2025 took place earlier this month at the Bournemouth International Centre, bringing together kidney professionals from across the UK.

The event featured a range of sessions on topics including transplantation, dialysis, and chronic kidney disease - highlighting the continued importance of innovation and collaboration in kidney care.

Helping you dialyse

Thanks to funding from the West Glamorgan Regional Partnership and Swansea Bay University Health Board, we were able to support a renal patient living in Swansea with £1,860.00 towards the purchase and installation of a garden shed - a vital step in enabling home dialysis.



Revamp of Kidney Crafters

Do you love to craft?

Whether you're a kidney patient, carer, or family member - if crafting is your thing, Kidney Crafters is the perfect place for you!

Join our warm and welcoming community to get creative, have a chat, make friends, and share your wonderful creations. No pressure - just good fun, friendly faces, and a shared love for all things crafty!

Every 2nd Thursday of the month - Online via Zoom (registration required)

Come and join us from the comfort of your own home - we'd love to see what you're working on!

To find out more, contact **claire@pophamkidneysupport.org.uk**

PATIENTS

Kidney Cross Party GROUP

The Kidney Cross Party Group (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.

Year To Date Report on CPG Activity

The inaugural meeting took place on the 21st June 2024, where the Kidney Cross Party Group was established and the Chair and Secretariat voted in. Mike Hedges, MS Swansea East, Chair and Joanne Popham, CEO, Popham Kidney Support, Secretariat. There have been three meetings since then.

Meeting 1 - 29th November 2024

The agenda for meeting 1 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, Kevin Carsley and Craig Brocklebank, shared their patient experiences, reflecting on how Peer Support could have helped them at the start of their journey and how it has supported them since. 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 commissioning decisions going forward.
- The evidence of the efficacy of peer support was clear, and the Welsh Kidney Network wished it to be known that they would be happy to help with any business case in order to secure further funding.
- Next steps for the Peer Support Steering Group are to create a reporting mechanism that produces 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. Develop the Peer Support Steering Group to report developments to the relevant bodies.
- Currently the service operates within secondary care, all present expressed the hope that it could be introduced at primary care. Build links and develop collaborative work with Primary Care.

Meeting 2 - 31st January 2025

The 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. There was a 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:

- Secretariat wrote to and met with Rowan Cadbury. There is work being done to support this initiative within the Senedd. Next step is for a letter to be written to the Housing Minister and 22 local authorities.
- 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, the Housing Minister, and also to all 22 local authorities to ask for their policies.

Meeting 3 - 14th March 2025

The Agenda was about World Kidney Day 2025: *"Are your kidneys ok? Detect early, protect kidney health"* **Dr Alexa Wonnacott**, Consultant Nephrologist and Honorary Senior Lecturer presented on The impact of CKD in Wales. **Alan Jones**, presented on Living with CKD - th°e patient experience. - A second presentation by Dr Alexa Wonnacott, 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 from meeting 3:

Chair to write to Welsh Government to include Kidney Disease in all communications relating to Critical and Life Long Illnesses.

To find out more or join the group, email: **joanne@pophamkidneysupport.org.uk** or **mike.hedges@senedd.wales**

VOLUNTEERS

Meet our new Peer Mentors



Steve

Hi, I'm Steve. I've been a Type 1 diabetic for over 35 years, and in 2018, I was diagnosed with kidney failure. I started Peritoneal Dialysis, which allowed me to keep working and travel, and in July 2023 I received a successful transplant.

During this time, my wife and I were blessed with our daughter, who's now a bubbly seven-year-old. Since retiring from the construction industry, I've wanted to support others facing similar challenges. I know how overwhelming and uncertain the journey can feel, and I'd like to use my experience to help others through the challenges. If you ever need a friendly ear or some honest advice, I'm here.

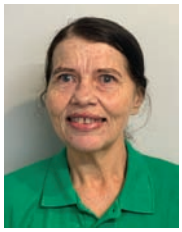


Sally

Hi, I'm Sally. My kidney journey began at 16 when I was diagnosed with Reflux Nephropathy. After nearly 10 years on antibiotics, my kidneys began to fail. My mum was a match and donated her kidney in 1998 after I spent a year on Peritoneal Dialysis.

That kidney gave me almost 24 good years, but eventually started to fail too. I returned to Peritoneal Dialysis, and this time my sister stepped forward. She was also a match, and in January 2022 I received my second transplant.

I know just how emotional and uncertain this journey can be, and I'm here to support anyone going through it.



Michelle

Hi, I'm Michelle. My journey has been a bit of a whirlwind. In late 2014, I was diagnosed with Stage 3 Chronic Kidney Disease (CKD) and told I'd likely need a transplant within the next ten years. It was a real shock, I hadn't even known I had kidney disease.

Fast forward just 18 months, and after spending some time on peritoneal dialysis, I found myself recovering from a kidney and pancreas transplant.

It all happened so quickly, and with other health complications to manage, I didn't really have time to process everything.

I joined Popham Kidney Support last year because I wanted to put my lived experience to good use. I remember wishing I had someone to talk to, someone who truly understood what I was going through, without needing everything explained.

I hope I can now be that person for someone else.

Do you want to speak to one of our Peer Mentors? Please contact us at: support@pophamkidneysupport.org.uk

Wrexham Quiz Night

On April 10th, we held our first Quiz Night in Wrexham - raising an amazing £286.

The event was led by our fantastic Peer Mentors - **Rod Bentley** and **Gwyn Williams** - with Rod's wife **Jane** acting as the official snack sampler for the evening! Hosted at a local venue run by the lovely **Sally** and her brilliant team, the night brought together 18 teams - with great questions, plenty of laughs, and some seriously tasty food. We've been told the chips and sandwiches were top notch - ***thanks, Jane!***



Want to organise your own quiz night? Please contact Ava by email at: ava@pophamkidneysupport.org.uk

Peer Mentor training



Alan and Gwyn recently represented our charity at the Health and Wellbeing event in Overton. They shared their personal experiences and showed just how powerful peer support can be.

Our Peer Mentor Programme connects people living with kidney disease to others who've been through similar journeys - providing support, guidance, and a listening ear.



Tesco Bucket Collection Swansea

Steve Lewis, one of our new Peer Mentors, teamed up with Renal Social Worker Bethan Pettifer for a bucket collection that raised £66.

Together, they helped raise awareness of Popham Kidney Support and got involved in our local community.

If you're interested in taking part in a bucket collection or would like to organise one in your area, please contact Ava by email at: ava@pophamkidneysupport.org.uk

Tribute to David Fellowes

It is with deep sadness that we share the passing of **David Fellowes** at his home in Swansea.



David was a longstanding and much -valued member of the kidney community in Wales. His involvement with Popham Kidney Support began with the launch of our Peer Support Service in 2016, though his dedication to supporting others started much earlier as a volunteer Befriender and active member of the Welsh Kidney Patients Association.

As one of our first Peer Mentors, David played a key role in raising awareness of the service across Wales.

In 2019, he joined our Board of Trustees, where he continued to champion the needs of kidney patients until his retirement at the end of 2024.

A kidney transplant recipient himself, David was a passionate advocate for patient-centred care. His personal motto, *"Put Patients First,"* reflected everything he stood for. He held deep respect for NHS renal teams and was a proud supporter of Popham Kidney Support's mission.

David will be sorely missed by all who knew him. He was a humble, kind, and deeply respected gentleman - a true ambassador for kidney patients in Wales.

We extend our heartfelt condolences to his family during this difficult time.



Jo and Lynne attend the Royal Garden Party at Buckingham Palace

We're thrilled to share that our CEO, **Jo Popham**, and Chair, **Lynne Orton**, had the incredible honour of attending the Royal Garden Party at Buckingham Palace.

They were invited to the Palace in recognition of the PKS being awarded the King's Award for Voluntary Service - the highest accolade a voluntary group can receive in the UK.

This prestigious honour celebrates the extraordinary commitment and impact of our volunteers, who are at the heart of everything we do.

It was certainly a day to remember - made even more special by the opportunity to meet Princess Eugenie. Jo and Lynne were proud to share the work of our incredible charity with her and even managed to capture the moment with a photo.

Reflecting on the day, Jo said:

"It was a humbling and truly special experience, and one we share with every single one of our amazing volunteers, because this award belongs to you!"

To all our volunteers: thank you. Whether you give your time, share your story, or support patients and families affected by kidney disease in any way - you are the reason this recognition is possible.

We couldn't do it without you!



Cardiff Business Show

Our Accounts & Administration Manager, Hayley, and Trustee, Rhian, proudly represented Popham Kidney Support at the Cardiff Business Show, spreading the word about our work and promoting our Buy a Brick campaign.

Funds raised will go towards the much-needed refurbishment of the Children's Kidney Centre.

Find us at **The Welsh Business Show** in Swansea on October 14th.

Can you help us with our Bucket Collection at Tesco Wrexham?

We're delighted to confirm that Popham Kidney Support has been allocated a bucket collection at Tesco Wrexham Extra (LL13 8HF) on Friday 22 August 2025.

If you'd like to volunteer and support us on the day, please get in touch by email with Ava at: **ava@pophamkidneysupport.org.uk**



SUPPORTERS





Going all the way!

A huge thank you to **Rachel Penney** and **Erin McGinn**, who raised an incredible £1,590 by completing the Adidas Manchester Marathon in support of Popham Kidney Support.

The run was especially meaningful for Rachel, who took on the challenge in memory of her Gramps, Allen, who sadly passed away in July 2024. Among his health challenges, renal failure was a major one - and running in his honour felt like the perfect tribute.

"Gramps was thrilled when we signed up," Rachel shared. *"After his passing, we ran in his memory to support others facing the same condition."*

We're so grateful to Rachel, Erin, and everyone who donated - your support helps us continue our work with kidney patients and families across Wales.

Want to run for us? Please contact: ava@pophamkidneysupport.org.uk

5k Series and Fun Run

Swansea Bay Summer 5k Series and Fun Run 2025, is in its 7th year - and the races have started!

The Fun Run is a great way for primary schools and under 11 club runners to take part in an organised Summer Fun Run. There are two runs a 1k and 2k for different age groups. The 1k run is for School Year 4 and below and the 2k for School Years 5 & 6.

The fun runs are a timed 1k 1 lap around the cenotaph and the 2k run 2 laps around the cenotaph. It is a great way for children to experience a race with a start and finish line and timing. There is a trophy for 1st, 2nd and 3rd place only. The Fun Run will take place on the second Wednesday of May, June and July and starts at 5pm.



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.

For more information: **https://www.paulpophamrunningclub.co.uk/club-events/**

Kevin Carsley's Golf Day

16th May - Swansea Bay Golf Club

A big thank you to Charity Champion Kevin Carsley and his family for organising a brilliant golf day in aid of Popham Kidney Support.

Held at Swansea Bay Golf Club, the event brought together golfers for a fun-filled day of competition, food, and fundraising. The day featured a raffle and auction with fantastic prizes - from spa breaks to golf days and more - all expertly run by Kevin's wife Diane and daughter Jessica.



Thanks to the generosity of players, sponsors, and supporters, the event raised just under £2,500. These funds will help us continue providing vital support to people affected by kidney disease across Wales.

A huge well done to Kevin and everyone who made the day such a success!

Want to hold your own golf day? Please contact Ava by email at: ava@pophamkidneysupport.org.uk

CARDIFF HALF
HANNER MARATHON CAERDYDD

Cardiff Half Marathon race spaces are sold out

We are now looking to secure places in other events. If there's a race you'd like to take part in, please get in touch. For any other fundraising ideas, please contact Ava by email: ava@pophamkidneysupport.org.uk



The Construction Club Raises £3,000 for Popham Kidney Support

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 hosted two fundraising events for us this year. The 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 with 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. 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.

Jo Popham, our CEO, said:

"We are absolutely thrilled by the support shown by The Construction Club and everyone who attended these events. The funds raised will make a significant impact in delivering critical services and resources to those living with kidney disease across Wales. Thank you for making a difference."

We are so grateful to **The Construction Club** for their incredible efforts in raising these funds, and to everyone who attended and supported both events. Your generosity ensures that we can continue our important work in improving the lives of those living with kidney disease in Wales.

Thank you for making such a difference.

Want to choose us as your Charity of the Year? Please contact Ava by email at: **ava@pophamkidneysupport.org.uk**

Paulette Lloyd and her walking group

In April, the **Maesteg Milers** embarked on an inspiring journey to walk and run 50 miles, raising vital funds for Popham Kidney Support in remembrance of their dear friend, **Clare Jones**.

Clare bravely fought kidney disease, and in her honour, the Milers stepped up to support others fighting similar battles today.

According to her friends, Clare was the kind of person who would go out of her way to help others, so the Milers are confident that she would be thrilled to know her memory is making a difference.

The group consists of **Paulette Lloyd**, **Lauren Roberts**, **Leanne Jenkins**, **Christine Hobbs**, **Nickie Edwards**, and **Lynne Garwood**, who all banded together to complete their miles, over the course of April. After completing this amazing challenge, the friends shared a few drinks, reflecting on fond memories of their beloved Clare and celebrating their achievement.



The Maesteg Milers originally set a goal of raising £500, but their dedication and the generosity of the local community have seen them raise £1,013 so more than doubling their target! And with donations still coming in, the final total promises to be even higher.

These funds will help us continue our work in supporting children, young people, and adults with kidney disease and their families across Wales, helping us to provide peer support, counselling, support groups, and essential advocacy - reminding those facing kidney disease that they aren't alone.

We are extremely grateful to the Maesteg Milers - every step taken, every mile completed, and every donation made will make a real difference in the lives of many!

Feeling inspired? The justgiving page is still open, if you would like to donate:
https://www.justgiving.com/page/paulette-lloyd-2

SUPPORTERS

Geraint celebrates in style:
Birthday Fundraiser in aid of PKS!

When it comes to celebrating milestones, our very own Patient Support Coordinator, Geraint, chose to mark his 70th birthday in a way that truly reflected his generous spirit-by turning his special day into a meaningful fundraising event in support of our charity.



Held at Tonna RFC, the evening brought together over 100 guests for a night filled with celebration and fun.

The event raised an incredible £2,309.50, a testament to the generosity of those who attended and contributed. These funds will directly support our charity's ongoing work with individuals and families affected by kidney disease across Wales.

One of the highlights of the evening was the performance by **Strange Formation**, a fantastic band who travelled all the way from Winchester to join the celebration. Their live set brought a wave of energy to the room, filling the dance floor and creating a brilliant atmosphere that kept guests on their feet throughout the night!

Adding to the excitement of the evening were a raffle and auction, with a range of generously donated prizes up for grabs. The top auction prize-a week-long stay at a Haven site-generated a great deal of interest and competitive bidding, adding further to the fundraising total and the evening's entertainment.

We are incredibly proud of Geraint - not just for reaching such a special milestone, but for choosing to celebrate in a way that gave back to others. His commitment to the work of Popham Kidney Support is clear in everything he does, and this event was a true reflection of that.

A heartfelt thank you goes out to everyone who attended, donated, bought raffle tickets, or contributed in any way to the success of the evening.

Events like this remind us of the power of community and the difference that can be made when people come together for a cause.



Bridgend Dialysis team takes on a Mumbles trek

We're sending a heartfelt thank you to the amazing Bridgend Dialysis Team - made up of both dedicated staff and inspiring patients.

They recently completed a 4-mile walk from Blackpill Car Park to Mumbles Pier and back, all in support of Popham Kidney Support. The team raised a fantastic £158, which will go directly towards helping us continue our work supporting kidney patients and their families.

It was a wonderful day, filled with fun, plenty of laughter and shared purpose of raising awareness of kidney disease. The weather was kind to the group too, which was a welcome bonus, as they made their way along the scenic seafront route.

A special thank you goes to **Mumbles Pier** for kindly offering a buy-one-get-one-free deal on pizzas to everyone taking part - a much-needed refuel after all those steps!

Events like this not only raise vital funds - they also bring together and uplift those affected by kidney disease. We're incredibly proud to have the **Bridgend Dialysis Team** as part of our community, and deeply grateful for the kindness and support they show local patients during some of the most challenging moments of their lives.

Thank you to everyone who walked, donated, or cheered on from afar.

Every step helps us continue supporting kidney patients and their families across Wales.

LATEST

The World Health Organisation makes kidney disease a global priority!

We at **Popham Kidney Support**, alongside the **Kidney Charities Together Group**, are proud to share that on 23 May 2025, the World Health Assembly (the decision-making body of WHO - the World Health Organisation) officially adopted a landmark resolution aimed at reducing the global burden of kidney disease.



A huge milestone for kidney patients and charities alike, the resolution marks international political recognition of the scale and seriousness of chronic kidney disease. Additionally, it highlights a shared commitment to making kidney disease a global priority, alongside other major health conditions such as stroke, diabetes, and cancer.

As a leading kidney charity within the UK, we are pleased that our government backed WHO's resolution.

In the UK, chronic kidney disease affects an estimated 7.2 million people. It is a lifelong and life-changing condition, placing significant illness and treatment burdens on people and families.

Kidney disease can affect anyone, but it disproportionately impacts socially and economically disadvantaged groups and ethnic minority communities. The cost of treating kidney failure is high, and rising prevalence risks placing unsustainable pressure on the UK health system - hence the need for kidney charities and support services like ours.

However, earlier diagnosis and intervention can slow disease progression and reduce the need for dialysis or transplants.

Globally, around 850 million people live with chronic kidney disease. Without action, it's projected to become the fifth-leading cause of premature death by 2040. This renewed international focus highlights the urgent need to improve care and outcomes worldwide.

The WHO resolution on chronic kidney disease highlights four key areas:

- **Raise awareness and education:** Promote public and professional understanding of CKD risks and prevention through campaigns and policy efforts.
- **Improve prevention and early detection:** Integrate CKD screening into primary care, focusing on high-risk groups.
- **Expand access to treatment:** Ensure affordable diagnostics and medications, and increase access to kidney care and replacement therapy, especially in low-resource settings.
- **Strengthen health systems:** Build capacity in LMICs (low- and middle-income countries) to provide person-centered, high-quality CKD care across all stages.

This resolution presents a vital opportunity to refocus national attention on kidney health in the UK by:

- **Integrating kidney health in primary care:** Ensure routine screening and management of kidney health,on par with other major long-term conditions.
- **Implementing effective therapies:** Support the universal rollout of new, cost-effective treatments that slow or prevent kidney failure.
- **Advancing specialist care:** Ensure access to emerging therapies for immunological and genetic kidney diseases in secondary care.
- **Promoting advanced care:** Highlight the importance of high-quality dialysis and innovation in transplantation.

Jo Popham, our CEO, said:

"While this resolution is just the beginning, it marks a major step forward. The WHO's recognition of chronic kidney disease as a global health priority is a crucial shift. We, at Popham Kidney Support, alongside our fellow kidney charities in the Kidney Charities Together Group, are committed to working with governments and healthcare systems across the UK to ensure kidney disease gets the attention it deserves - improving the lives of current and future patients."

Statement on behalf of **The Kidney Charities Together Group** in response to the **World Health Assembly** formally adopting a resolution on reducing the burden of kidney disease:

"This is a milestone for the kidney community, marking international political recognition of the scale and seriousness of chronic kidney disease. It reflects a shared commitment to prioritising kidney disease alongside other major health conditions.

Kidney disease is a lifelong and life-changing condition, placing significant illness and treatment burdens on people and families, and on the health service. This resolution aligns with the 10 Year Health Plan priorities of moving care from hospital to community and of moving from treatment to prevention. It contributes to the rebalancing of inequities in sickness and access to healthcare in the UK and provides support for international collaboration to ensure that all countries can work towards improving their populations' kidney health.

We look forward to supporting the governments and healthcare systems across the UK to ensure kidney disease is taken seriously and given the profile needed to help improve the lives of people with kidney disease and future generations."

KIDS



A wonderful day that went with a bang, bang!

Last week we had the immense pleasure of taking some wonderful children living with kidney disease and their families to enjoy a magical performance of Chitty Chitty Bang Bang at the Wales Millennium Centre.



The day was filled with unforgettable moments creating memories that will last a lifetime.

We extend our heartfelt thanks to all our supporters donors and sponsors.

Your kindness and generosity make days like this possible and bring so much joy to the families we serve.



An eggcellent gesture!

Thanks to the generosity of our supporter Christine Jenkins who raised £100 through a raffle we were able to provide 50 Easter eggs for the children.

Would you like to make a difference?

Follow in the footsteps of the amazing fundraiser above. Every action counts ***- join the cause, raise your voice, and help create real change today!***

Get in touch with Ava via email at ava@pophamkidneysupport.org.uk or call **0333 2001 285** to find out how you can get involved.

Meet the team at Popham Kidney Support



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you are not alone

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