

Popham Kidney Chronicle

Issue 9: December 2025

Our Annual Christmas Celebration took place at The Pierhead building in Cardiff Bay on Thursday 11th December 2025 to thank all the volunteers who have supported us throughout the year!



Popham
KIDNEY SUPPORT



Thank you to our amazing volunteers & fundraisers

At our Annual Christmas Celebration sponsored by **Mike Hedges, MS** and hosted by **Jason Harold**, we looked back to thank all the volunteers who have supported us throughout the year, in particular recognising the incredible effort of our Peer Mentors who dedicate their time and commitment to support others like them.

We also thanked the supporters who have raised funds for the Charity, without which we would not be able to carry out our work.

This annual celebration is a little thank you from the Charity. We also appreciate those who have gone that extra mile and achieved something wonderful throughout 2025. **Robert Williams**, received an award for volunteering the most hours this year as a Peer Mentor in North Wales. **Kevin Carsely** was recognised for his fundraising

efforts. **Louise Evans** and **Amy Howell**, received recognition for collaboration, we were able to support them with their Home Therapies Wellbeing Programme and **Hugo Pagett** was recognised for his contribution to supporting us in a Young Persons Volunteering Role. **Michelle Brackley** received an award for Inspiration of The Year, volunteering as a Peer Mentor and in spite of being partially sighted walked Pen-Y-fan and will be taking on a sky dive challenge in 2026 and **Linda Griffiths** received a reward for her volunteering hours.

It was a wonderful afternoon filled with Christmas spirit and entertainment from the amazing duo 'Since September'.

We are looking forward to 2026.

Inside

- 2-3 Latest PKS News
- 3-4 Patient services
- 5 Volunteers
- 5-6 Supporter and fundraising events
- 7 Latest
Thank you
Opening Times
- 8 Kids section
Looking ahead
Meet the team

you are not alone



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

Popham
KIDNEY SUPPORT

NEWS

Our annual golf day breaks numerous records

A record-breaking number of more than 200 golfers and 55 teams from across England, Scotland and Wales, gathered at Clyne Golf Club on Friday 12 July for our annual golf day.

This year's Golf Day raised in excess of £14,000 - the highest total to date - thanks to team entries, sponsorship, and funds raised during the evening's raffle and auction. Our main event sponsor, **The Construction Club**, contributed an amazing £3,000 towards the total.

Various businesses from far and wide came together to support our event, including **Dawsons, Days Rental, Old Walls Collection, Frames & Sculpts, Chepstow Races, Mahle** and **GS Yuasa**.

Golf balls were donated to every team through a partnership between **Locker Room** and **GS Yuasa**, coordinated by former Welsh rugby international **Tom Shanklin**.

Joanne Popham, our CEO, said: "We're extremely grateful to all who contributed to the success of this year's event - from

the sponsors and teams to those who took part in the raffle and auction. I'd also like to thank Kim Loosmore for his continued hard work and dedication in organising the day. The funds raised will directly support our work with children and families across Wales who are living with kidney disease."

Kim Loosmore, Event organiser, added: "It was fantastic to welcome a record number of teams this year. The continued support from players, sponsors and Clyne Golf Club ensures the event goes from strength to strength. As a committee member of the charity, I see first-hand the difference this support makes to the lives of people living with kidney disease and it's incredibly rewarding to know that this event helps us reach even more people each year."

Thank you to the Postcode Community Trust

As our grant from Postcode Community Trust came to an end in July, we want to take a moment to say a heartfelt thank you - to the Trust, and to all the players of the People's Postcode Lottery whose generosity made this possible.

Thanks to a £25,000 grant awarded by the Trust, we've been able to make a real difference to the lives of kidney patients and their families across Wales. Through this grant, we were able to fund almost £9,000 in patient support payments, helping individuals and families with the costs of living, hospital travel, home adaptations, and other essential needs. These grants can offer huge relief at a time when people are already facing health concerns and emotional strain.

Thanks to this funding, we've been able to continue running our Kidney Café's - welcoming, peer-led spaces where

patients can connect, share experiences, and build community.

Joanne Popham, our CEO, said: "Behind every support payment or counselling session is a real person facing a really tough time, and because of this funding, we've been able to reach even more people across Wales."



Merched Y Mor row Atlantic for our charity



A four-woman team from Wales - **Denise Leonard, Helen Heaton, Heledd Williams, and Liz Collyer** - have become the first all-female Welsh crew to compete in the **World's Toughest Row - Atlantic Challenge**, a 3,000-mile unaided race across the Atlantic Ocean.

They kicked off their adventure on Sunday 14th December 2025. You can track them by following the YBRaces App, they are in **Cariad - boat 12**.

The **Merched y Môr** team, whose name fittingly means 'Women of the Sea' in Welsh, rowed from the Canary Islands to the Caribbean, enduring up to 60 days of continuous rowing in shifts, navigating unpredictable weather, 20-foot waves, and total physical and mental exhaustion.

They raised £125,000 to support the costs of the challenge and to fund our charity, along with three others:

Sea Trust Wales, Action for Children and the **Royal National Lifeboat Institution (RNLI)**. As part of their campaign, the team visited the Senedd



in July, to raise awareness of the challenge and highlight the work of their chosen charities.

The Atlantic Challenge is one of the most demanding endurance races in the world. Fewer people have rowed across the Atlantic than have climbed Mount Everest or travelled to space.

We would like to thank the amazing ladies of the Merched y Môr team so much for their courage, dedication and support. A fantastic achievement!

To find out more visit:
www.merchedymor.wales

To support them visit
<https://gofund.me/08ff1dff>

A successful 5K Summer Series

This summer, more than 450 runners took to the Swansea Bay promenade for our 2025 5K Summer Series - with over 150 participants at each of the three events.

Organised in partnership with our brilliant affiliate, **Paul Popham Running Club**, and supported by headline sponsor **Freedom Leisure**, we're thrilled to share that the series raised over £2,000. These funds will directly support our work providing practical, emotional and financial assistance to people of all ages across Wales who are living with kidney disease. It will also help us continue raising awareness, improving patient care, and advocating for better kidney health services.

The Summer Series is one of our most-loved events, and we're proud to deliver it alongside **Paul Popham Running Club** - a friendly, community-driven club open to runners of all abilities. Whatever your level, the club helps people stay active while supporting our mission.

The series was once again affiliated with **Welsh Athletics**, and we're so grateful to **Life Support Training and Safety**, **Tri** and **Enter**, and our incredible team of volunteers for ensuring the events ran smoothly from start to finish.

Each race began and ended at **The Secret Beach Bar & Kitchen**, with runners refuelling post-race thanks to local favourite **Food By Sean**.

We also extend a huge thank you to our generous sponsors! As well as our gold sponsor **Freedom Leisure**, we were supported by bronze sponsors **Miles Hire**, **J&S Products**, **John Weaver**, **Easy Move Self Storage**, **Vital Financial Planning**, and **Cycle Solutions**. Plenty of water was provided by **Brecon Carreg**, and **Venture Life** kindly supplied glucose tablets for our runners.



Joanne Popham, our CEO, said:

"The 5K Summer Series has grown into something really special. Each year, we're blown away by the community's support - not only from runners, but from families, sponsors, and volunteers. The funds raised directly help improve the lives of people living with kidney disease here in Wales."

Simon Treharne, a representative of Paul Popham Running Club, added:

"This series reflects everything our club stands for - accessibility, community, and purpose. Whether you're chasing a personal best or just running your first 5K, it's always a brilliant atmosphere, and an amazing event to be a part of. We're proud to support Popham Kidney Support and bring people together for such an important cause."

Celebrating our incredible fundraisers

All of us at Popham Kidney Support want to give a big shoutout to the amazing Gail from Neath, who is taking on a series of exciting challenges to raise money for our charity.

Gail is currently under the care of the Nephrology Team at Morriston Hospital. She recently got involved with our charity after participating in our affiliate running club's (the Paul Popham Running Club) 5K Series in May, June & July.

That event inspired her to do even more and now she is aiming to raise at least £500 for Popham Kidney Support. Always up for the challenge, we know she is hoping to beat that target too!

Gail has already climbed **Ben Nevis**, completed the **Barry 10K**, the 'Beast of Bryn' endurance race, The **Big Half** in London, the **Berlin Marathon**, the **Cardiff Half Marathon** and the **Royal Parks Half Marathon** in London.

Alongside all these events, Gail is also

organising a **bake sale**, doing a **spin bike challenge**, and selling her own **homemade jam** and **marmalade** to help raise even more funds.

This journey is a personal goal for Gail, but it is also her way of giving back. She wants to support others living with kidney conditions while challenging herself to achieve something amazing.

We are so proud to have her as part of the kidney community and will be cheering her on every step of the way.

If you would like to organise your own fundraising challenge, get in touch with our team.

We would love to hear from you!

Our Christmas Celebration in the Senedd



PATIENTS

Rhyl Kidney Café debut a huge success

We're pleased to report that our very first Kidney Café in Rhyl got off to a brilliant start!

Hosted at Costigan's Coworking Space on Bodfor Street, the session brought together people living with kidney disease, along with family members and carers, for a relaxed and supportive morning of conversation.

The Rhyl Kidney Café is the latest in our growing network of informal support groups across Wales. These gatherings are designed to offer a welcoming environment where people affected by kidney disease can talk openly, ask questions, share their experiences, or just enjoy some company over a cup of tea.

The Rhyl group is led by volunteers **Mair, Alan** and **Gwyn**, all of whom have lived experience of kidney disease and are trained peer mentors. Their insight and encouragement helped set the tone for a positive and engaging session, with attendees already looking forward to the next one.

The Rhyl Kidney Café will now run on the third Friday of every month, from 11am to 1pm, at Costigan's, a central and accessible venue with good transport links and nearby parking.

Interested? Please call our team on **0333 2001 285** or email support@pophamkidneysupport.org.uk

Kidney Cafés: dates and times guide

- **Swansea** - 2nd Monday of each month, 11pm - 1pm
- **Llynfi Valley** - 1st Monday of each month, 11am - 1pm
- **Upper Swansea Valley** - 3rd Thursday of each month, 12pm - 2pm
- **Wrexham** - 1st Wednesday of each month, 10am - 12pm
- **Rhyl** - 3rd Friday of each month, 11am - 1pm
- **Welshpool** - 4th Tuesday of each month, 11am - 1pm

What to expect at a Kidney Café

We know a kidney diagnosis can turn life upside down. The challenges go far beyond medical treatment, they touch every part of daily life for patients, families, and carers. That's why we created our Kidney Cafés.

Open to anyone affected by kidney disease, our Kidney Cafés offer a relaxed and friendly space to talk, ask questions, and feel supported. Whether you're a patient, a carer or a family member, you'll find a warm welcome. Each session is hosted by our trained peer mentors, volunteers living with kidney disease who are ready to share practical advice, offer a listening ear, or simply have a chat over tea and coffee.

A lovely example of the impact these sessions can have is the story of **Diane** and **Brian Lawes**, who joined the Penllergare Woods Kidney Café shortly after Brian was diagnosed with kidney damage in July 2024.

At their first Kidney Café and Kidney Connectors session, Diane and Brian met some of our dedicated peer mentors - including **Brenda** and **Nigel**, known not

only for their amazing support and welcoming nature, but also for their famously good biscuits!

Diane and Brian were also introduced to dialysis equipment, spoke with nurses and dietitians, which helped them to understand how lifestyle and dietary changes can shape their everyday routine.

But what helped most was meeting others; peer mentors, fellow patients and their loved ones, who could truly understand what they were going through.

"We met special people - patients and peer mentors, Brenda and Nigel - who helped us feel less overwhelmed," Diane shares. *"They really listened and helped us make sense of things."*

Since then, Diane and Brian have become regulars. They didn't just find answers; they found a strong community and support.

New Welshpool Kidney Café

We're excited to announce the opening of another Kidney Café, this time in the heart of Welshpool.

As part of our commitment to supporting kidney patients and their families across Wales, we continue to expand our Kidney Café network.

These monthly meetups offer friendly, face-to-face support in a relaxed and welcoming setting, and we're thrilled to bring this to Welshpool.

The Welshpool Kidney Café takes place on the fourth Thursday of every month, from 11am to 1pm at: COWSHACC (1st Clive's Own Welshpool Scout Headquarters and Community Centre), Oldford Lane, Berriew Street Car Park, SY21 7TE

The first session was held in July, it was great to see you there!

Our Kidney Cafés are open to anyone affected by kidney disease, including patients, carers, and family members. Each group is hosted by our trained peer mentors, volunteers with lived experience of kidney disease, who are there to offer practical advice, answer questions, or simply lend a listening ear over a cup of tea or coffee.

Please call **0333 2001 285** or email support@pophamkidneysupport.org.uk

Our Kidney Cafés are here to help. They run once a month in a relaxed, welcoming setting - offering practical advice, emotional support, and a chance to connect with others who understand.

To find out more about the Kidney café's or to book on visit:

<https://pophamkidneysupport.org.uk/get-support/peer-support-services/#content-peer-support-2>

email:

support@pophamkidneycafe.org.uk or call **0333 2001 285**.

Kidney Café January Dates

5th Jan	Llynfi Valley Kidney Café
7th Jan	Wrexham Kidney Café
12th Jan	Swansea Kidney Café
15th Jan	Upper Swansea Valley Kidney Café
16th Jan	Rhyl Kidney Café
22nd Jan	Welshpool Kidney Café
30th Jan	Flintshire Kidney Café

VOLUNTEERS

Playing our part at the Eisteddfod

We were delighted to attend the **National Eisteddfod** in Wrexham on August 7 and 8 following a kind invitation from the **Association of Voluntary Organisations in Wrexham (AVOW)**.

We were based in the Volunteer Sector Hub, surrounded by many other inspiring charities and volunteer-led organisations.

Over the course of the two days, our team, **Ceri**, our Community Engagement Coordinator, and **Gwyn**, one of our fantastic volunteer **Peer Mentors**, spoke with representatives from more than 15 organisations, building new connections and raising awareness of the work we do to support anyone affected by chronic kidney disease in Wales.

We were also pleased to welcome members of the public to our stand, some of whom are living with chronic kidney disease. Many expressed interest in attending our Kidney Café in Wrexham. These personal conversations are at the

heart of what we do: listening, sharing information, and making sure people know support is available.

We were honoured to have visits from **Jeremy Miles**, the Minister for Health and Social Services, as well as Members of the Senedd, **Rhodri Mabon** and **Sioned Williams**. Councillor **Tina Mannering**, the Mayor of Wrexham, also visited us. Each took the time to hear about our work and the difference it makes in communities across Wales.

Overall, it was a very successful two days. We would like to thank AVOW for the invitation and for hosting such a fantastic space for networking with fellow organisations, and community engagement.

Volunteers' week quiz

In June, we proudly celebrated **Volunteer Week** with a series of special events to honour and thank our incredible volunteers.

The week concluded with a lively quiz hosted by the ever-entertaining Geraint John. **Steve Lewis** won the quiz.

We are deeply grateful to all our volunteers for their continued dedication and hard work!

Llandrindod Wells trustee day

Llandrindod Peer Mentor and Trustee Day was a day filled with heartfelt sharing and meaningful connection.

Our Peer Mentors openly reflected on their experiences, discussing the challenges they've faced and the rewarding moments they've had in their roles as volunteers.

It was a valuable opportunity for everyone to get to know one another better and to connect through shared experiences.

SUPPORTERS

We conquered Pen y Fan!

Our supporters came together to take on Pen y Fan, the highest peak in South Wales. In perfect conditions, 18 walkers set out to complete the climb in support of people living with kidney disease.

Taking around 90 minutes, the group made the summit in good spirits, enjoying the views and the great achievement of finishing the walk.

Among the group was **Michelle Brackley**, one of our Peer Mentors. Michelle was diagnosed with Reflux Nephropathy at the age of 16 and received her first transplant from her mum in 1998. In January 2022, when she needed another transplant, her sister became her donor, giving her a second chance.

Michelle is also visually impaired, but she's continued to take on challenges and support others. Later this year she will also be taking on a skydive to raise funds for our work!

Michelle said: "No one should feel alone on this journey. Being able to give back and support others means the world to me."

We would like to thank everyone who helped make the day possible.

Special thanks go to **Bridget Haines** and **Paul Johnson** for leading the walk, and to our Patient Services Co-ordinator, **Geraint John**, for organising the event. We were also joined by our CEO, **Jo Popham**, our Peer Support and Patient Service Officer, **Claire Popham**, and Peer Mentor **Nigel Butler**.

Congratulations to everyone who joined and completed the walk, and thank you to all who sponsored Michelle, or supported the event in other ways.

The money raised will help us continue to provide information and support for people living with kidney disease and their families.



Do you want to run Cardiff Half Marathon in 2026?

Whether you're a seasoned runner or a first-timer, we'd love you to join Team PKS!

Take on the challenge, be part of an inspiring team, and make a real difference along the way.

To find out more and sign up, email: ava@pophamkidneysupport.org.uk

SUPPORTERS

Ruby swam 46 miles

We're so grateful to our amazing supporter **Ruby**, who has just completed an incredible 46-mile swim, raising vital funds for **Popham Kidney Support** and **Clwb Pêl-Droed Trawsblaniad Cymru** (The Wales Transplant Football Team).

The swim was especially meaningful for Ruby, whose dad, **Chris**, is living with kidney disease. He is currently on dialysis and waiting for a transplant. Inspired by her dad's strength, Ruby chose to fundraise for our charity to help support other kidney patients and their families.

Over the course of a month, Ruby swam an incredible 46 miles - equivalent to the distance from Swansea to Cardiff!

Even after sustaining an ankle injury partway through, Ruby showed amazing determination, taking a short rest before getting back in the pool to finish her

impressive challenge.

Joanne Popham, our CEO, said:

"All the team, here at Popham Kidney Support, are super proud of what Ruby's achieved. Fundraisers like her help us keep providing practical and emotional support to kidney patients and their families across Wales. We can't thank her enough!"

We would also like to thank **Celtic Leisure**, who kindly supported Ruby by allowing her to swim for free - **helping her raise as much as possible**.

Fundraisers on motorbikes go the extra mile

We're delighted to share the success of a brilliant community event that took place in July organised by one of our newest supporters, **Steve Major**.

Inspired by personal experience with kidney issues and the encouragement of a close friend - who happens to be one of our dedicated Trustees - Steve turned his love for motorbike riding into a great fundraising opportunity.

He hosted a scenic group motorbike ride across Wales to raise vital funds for the refurbishment of the **Children's Kidney Centre (CKC)** in Cardiff. Despite a slightly grey forecast, 16 bikers joined Steve to support the cause to enjoy a beautiful ride around Rhigos Mountain.

We were also thrilled to have **Lynne Orton**, our Chair, attend the ride in support of Steve's amazing efforts!

Steve, based in Bridgend and owner of **Will Group Wales**, has already demonstrated his commitment by sponsoring a brick through our **Brick-by-Brick Campaign** - a fundraising initiative to raise funds for the Children's Kidney Centre refurbishment by sponsoring a personalised brick that will feature

within the newly improved centre.

Steve's recent motorbike ride has helped raise an additional £450 (and counting) through his JustGiving page.

Steve said: *"A friend of mine is a Trustee of Popham Kidney Support, and having experienced some kidney issues myself, I wanted to do something to give back. I started by sponsoring a brick to support the refurbishment of the CKC in Cardiff. Since I enjoy motorbike riding, I thought organising a ride would be a fun and meaningful way to raise even more. We've started small this year, but I hope the event will grow year on year."*

Thanks to fundraisers like Steve, children, young people and families affected by kidney disease in Wales are receiving the support and care they need in an environment that feels safe, welcoming and comfortable, even during the most challenging times.

Quiz time in Wrexham



We had a brilliant evening on Thursday 21st August at the Chapel Tearooms near Wrexham, where 19 teams competed in a fun and lively quiz night in aid of Popham Kidney Support.

Our very own team, **The Popham Penguins**, proudly came a close 2nd - well done to all who took part!

A huge thank you to **Sally**, owner of the **Chapel Tearooms**, for hosting, and to **Neil**, our talented quiz master and creator of the quiz. Thanks also to everyone who joined us for a great night of fun and fundraising.

The evening raised an impressive £320 - with £220 from the quiz and £108 from a raffle for a delicious Afternoon Tea hamper (generously donated and beautifully presented by volunteer **Jane**). Every penny supports our work with kidney patients and families across Wales.

Special thanks as well to our Senior Peer Mentor **Gwyn Roberts**, whose restraint around the sandwiches didn't go unnoticed!

This was the third quiz fundraiser held in support of Popham Kidney Support, bringing the running total raised from these events to an incredible £815.

We're so grateful for the continued support - and we're already looking forward to the next quiz night.



LATEST

A big thank you to STG Aerospace

This Christmas, we at Popham Kidney Support were delighted to receive the generous support of STG Aerospace, who kindly sponsored 100 selection boxes for the young people at the Children's Kidney Centre in Cardiff as part of our "Let's Make Christmas Magical" appeal.

STG Aerospace's donation has helped support the Children's Kidney Centre by bringing a little Christmas magic to the children, giving them something special to enjoy at this time of year.



Jo Popham, our CEO, said:

"STG Aerospace's support meant so much to our team, the children and families we work with. Their generosity helped make the build up to Christmas a little more special for these young people."

Kate Williams, Global Marketing Manager at STG Aerospace, said: *"Supporting Popham Kidney Support felt like a natural fit for our team. We wanted to make a positive impact locally this Christmas, and sponsoring the selection boxes for the children at the Kidney Centre was the perfect way to do that."*

We're so thankful for STG Aerospace's support!

Backing Team Wales at the Transplant Games

We were incredibly proud to support Team Wales at this year's British Transplant Games, held in Oxford.

Team Wales is made up of transplant recipients and donors who either live in Wales or received their transplant care at a Welsh hospital. The team competed across a wide range of sports this year, including archery, swimming, snooker, golf, tennis, football, darts, badminton, bowls, cycling, table tennis, and track & field.

If you're a transplant recipient or live donor in Wales, the Transplant Team Wales would love to welcome you. Competing at the Games is a fantastic way to stay active, meet others who understand your journey, and be part of an inspiring team!

While medals are celebrated, it's the impact behind the competition that matters most. The Transplant Games shines a spotlight on what's possible after transplantation...encouraging exercise and providing a community of support

To learn more about joining the Wales Transplant Team, please email walestransplantteam@gmail.com

Big Give Appeal

Our Big Give appeal, held between 2nd and 9th December, was a huge success.

We reached our target of £3,000, which was generously doubled to £6,000. With an additional £582 donated, the total raised came to an amazing £6,582!

Thank you to everyone who supported the campaign.

A huge thank you to all our supporters

As we look back on 2025, we're filled with gratitude for every single person who chose to support Popham Kidney Support through fundraising this year.

Whether you hosted a coffee morning, ran a race, organised a quiz night, took on a skydive, or quietly collected donations in your community - your efforts have made a huge difference.

Every pound raised has helped us continue our vital work supporting families living with kidney disease. Thank you for being part of our journey.

Together, we've achieved so much!



Bucket Collection

In November, four of our incredible volunteers; Rod, Alan, Gwyn and Helen took part in a bucket collection at Tesco Wrexham.

Thanks to their time, dedication and generosity, they raised a staggering £284. We're hugely grateful to them for representing Popham Kidney Support and helping make such a fantastic difference.

A huge thank you to Popham Peer Mentor **Steve Lewis** and our Renal Social Worker **Bethan Pettifer**, for their fantastic fundraising efforts at Tesco! Thanks to their time, energy, and generosity, they raised just shy of £70 in support of PKS. **We're incredibly grateful for everything you do.**

We would like to thank you all for your help through 2025 and being part of the Popham Kidney Support family!



Festive Opening Hours

We are closed for Christmas from Friday 19th December 2025 until 5th January 2026.

We are closed on the following days: 24th, 25th, 26th, 31st December and 1st January

We will be operating with skeleton staff, from 10am to 2pm, on these dates: 22nd, 23rd, 29th, 30th December and 2nd January*

*During these hours and days please call the Charity number 0333 2001 285 and emailenquiries@pophamkidneysupport.org.uk

If you have an urgent request outside of these hours, email support@pophamkidneysupport.org.uk

KIDS

Thank You for a Fantastic Year!

As we wrap up another brilliant year, we want to extend a huge thank you to all the young people, parents, and supporters who continue to make our programmes so special.

Your enthusiasm and commitment are what keep these events thriving!



October Transition Youth Programme

Our October evening session was a great success!

The session focused on transplant, giving young people the opportunity to learn, ask questions, and build confidence in a friendly and supportive environment.

After the session, we rounded off the day with a lively evening of bowling - lots of laughs, great team spirit, and some very impressive bowlers!

Christmas Day Outing

To celebrate the festive season, we enjoyed a wonderful Christmas outing to the Odeon Cinema in Cardiff to watch the new *Wicked For Good* film.

It was fantastic to see so many smiling faces. Children and parents had a wonderful time soaking up the magic of the movie and spending quality time together. Moments like these truly show the power of shared experiences.

A massive thank you to all our supporters, donors, and sponsors - this wouldn't have been possible without your generosity.



Save the Date World Kidney Day

Thursday 12th March 2026
www.worldkidneyday.co.uk

Kilometres for Kidney's

Kilometres for Kidney's will also start the same date and end Sunday 12th April 2026, taking on distance challenges for all abilities, through running, walking, cycling or swimming to raise awareness and money for kidney disease support.

Looking Ahead

We're really excited for what's coming next and can't wait to welcome everyone back in the new year!

February Transition Youth Programme - Evening Session

Plans are well underway, and full details will be announced soon. This upcoming session will focus on diet, with a guest speaker offering valuable insights into healthy habits, nutrition, and making informed choices - an essential part of the transition journey.

And we'll be finishing the evening with another fun-filled bowling activity! We hope to see lots of you there, ready to learn, connect, and enjoy another great evening together.

Thank you and Merry Christmas to all for your continued support!

Meet the team at Popham Kidney Support



Joanne Popham

CEO

joanne@pophamkidneysupport.org.uk



Geraint John

Patient Support Coordinator

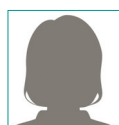
geraint@pophamkidneysupport.org.uk



Hayley Evans

Accounts & Administration Manager

hayley@pophamkidneysupport.org.uk



Evie Watkins

Children & Youth Coordinator

evie@pophamkidneysupport.org.uk



Claire Popham

Peer Support and Patient Service Officer

claire@pophamkidneysupport.org.uk



Ava Houston-Phillips

Administrative Assistant

ava@pophamkidneysupport.org.uk

you are not alone

To get in touch:

Popham Kidney Support

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

Call us: **0333 2001 285**

support@pophamkidneysupport.org.uk

pophamkidneysupport.org.uk



**ARIENNIR GAN
Y LOTERI
LOTTERY FUNDED**

Registered Charity No: 1160114



Popham
KIDNEY SUPPORT