Popham Kidney Chronicle

2024: Q1 Update

We are delighted to unveil details of our Second **Annual Awards Dinner**. We are excited to reveal that this black-tie event has been rescheduled for Friday, September 13, at Morgans Hotel, Swansea.



Save the date!

The second Annual Awards Dinner

Friday 13th September

We are thrilled to announce the new date and venue which will bring an exciting and fun filled evening of entertainment, honouring those who have gone the extra mile in supporting the charity.

We are delighted that **Sian Lloyd** will again be hosting the evening alongside our co-host **Kev Johns**.

As a valued member of our kidney charity community, your presence at this event would mean a great deal to us.

The evening will include a 3-course dinner, an awards ceremony recognising outstanding contributions, a raffle and auction, and a DJ so you can dance the night away!

This is an opportunity to connect with fellow supporters and hear inspiring stories from those whose lives have been positively impacted by our work.

We look forward to seeing you there!

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you are not alone

Call us: **0333 2001 285** w: **pophamkidneysupport.org.uk**

Popham KIDNEY SUPPORT

NEWS



Proud to launch a new kidney initiative with the Senedd

In a big move to enhance support for the kidney community in Wales, our CEO **Joanne Popham** met with **Mike Hedges** MS on Friday, 21st June 2024.

This inaugural meeting marks an exciting beginning of renewed commitment to the CKD community, ensuring that the needs of kidney patients across Wales are addressed at the highest levels of Parliament.

During the Covid-19 pandemic, our team began to collaborate with the Welsh Kidney Network and various charities to share essential Covid-19 guidelines and services. This was important in ensuring the safety and support of the kidney community in Wales.

Working closely with Welsh Parliament, the group was instrumental in advocating for the health and well-being of kidney patients during this challenging time.

Post-pandemic, we at Popham Kidney Support identified the need to maintain ongoing dialogue with Welsh Parliament

> ***The group was instrumental in advocating for the health and well-being of kidney patients during this challenging time***

to ensure continued awareness of the services available, address the needs of the community, and work towards fulfiling any unmet requirements.

With Mike Hedges as Chair and Jo as Secretariat, the group is dedicated to working closely with members to guarantee easy access to services for all kidney patients and to develop new services that address the evolving needs of the community.

Jo Popham, our CEO, said:

"We are excited about the potential this ongoing collaboration can offer. Our primary focus is to ensure that every kidney patient in Wales has access to the services they need and that their voices are heard at the highest levels of government, to ensure they have the best quality of life possible."

To find out more and be a part of the group, visit:
https://business.senedd.wales/mgOutsideBodyDetails.aspx?ID=887



Appreciation and Awards

We'd love you to come along to our second **Annual Awards Dinner**.

We will be recognising those who have gone the extra mile in supporting **Popham Kidney Support** and our community of children, youths and adults with kidney disease and their families in Wales.

Everyone who supports the charity deserves an award, and five of them will be recognised in the following categories...*could it be you?*:

- Volunteer of the Year
- Fundraiser of the Year
- Collaborator of the Year
- Inspiration of the Year
- Young Achiever

Come and join the celebration!

Our host, **Sian Lloyd**, will be announcing the winners at Morgans Hotel on Friday 13th September 2024 in a glitzy black tie dinner, followed by dancing the night away.

You could also present an award... Sponsor one and present it on the night for £250 - it includes one event ticket and a write up of your business in the programme.

To find out who has won and to cheer them on, book now!

https://www.tickettailor.com/events/pophamkidneysupport/1277258



Support our Annual Awards Dinner

As we plan our rescheduled **Annual Awards Dinner**, we need your help! We are seeking sponsors, helpers and contributions to our raffle and auction funds. Plus, of course, we'd love to see you there so please buy tickets.☺

We would appreciate any contributions of prizes or experiences that could be used for the raffle or the auction.

Businesses that donate auction prizes will be acknowledged in the evening programme, on the presentation screens and in the compere's commentary when the prize is being auctioned.

Tickets are on sale for £55 per person or £500 for a table of 10. **Please contact us now as spaces are limited.**



Can you sponsor?

We are also seeking a number of like-minded sponsors, willing to support this special event.

Our sponsorship packages contain a number of complimentary tickets, brand placement, PR and marketing opportunities and the opportunity to distribute marketing materials on the evening. Plus, you get our thanks and great appreciation as a charity. Please contact us for full details of what each of the following packages contain:

- Platinum Package: £2,700
- Gold Package: £1,300
- Silver Package: £1,000
- Bronze Package: £650

Please contact us for more information at: **ava@pophamkidneysupport.org.uk**

https://pophamkidneysupport.org.uk/fundraising-events/4400/

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

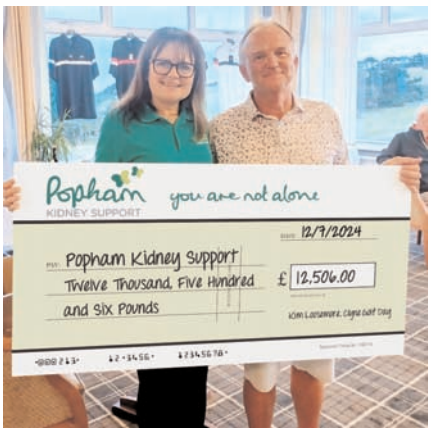
On July 12th, golfers from across England, Scotland, and Wales gathered at Clyne Golf Club to support our charity event, raising an impressive £12,500.

These funds will aid children and families living with kidney disease, particularly benefiting the *"Residential Activity Weekend,"* which offers engaging activities and respite for patients and their families.

The Swansea community's generosity was evident, with sponsorship from numerous businesses, both local and national, including **Andrew Evans Painting**, **Shirgar Butter**, **Yuasa Batteries** and many more!

This year's event saw a record 50 teams and 200 golfers taking part, thanks to the excellent organisation by **Mr. Kim Loosmore**.

We owe him a huge thank you!



The day featured a golf tournament, fundraising dinner, raffle, and auction, and despite the rain, attendees had a fantastic time. **The Rees Family**, consisting of dad Mark and his three sons; **Vaughan**, **Ashton** and **Mason**, won the tournament.

Jo Popham, our CEO, said:

"We were deeply moved once again by the incredible support from everyone involved. There were smiles all around as people enjoyed competitive fun while helping us raise vital funds to support local children and their families.

"We are immensely grateful to everyone who participated for their generosity - our sponsors, all the participants, and especially Kim Loosmore for his continued hard work. We look forward to seeing you all again next year."

PATIENTS

Expanding our network of Kidney Cafés

We are delighted to announce that our network of Kidney Cafés is growing - with a new location in Swansea added and our first in Glan Clwyd, North Wales.

Our Kidney Cafes are informal groups that support peoplewith kidney disease, their families and carers. The groups meet in various locations throughout Wales and are run by our volunteer Peer Mentors.

Below are the current locations, dates and times they meet.

DATES, TIMES AND VENUES:

Llynfi Valley Kidney Café

Date: 1st Monday of every month (except bank holidays)

Time: 11:00 - 13:00

Venue: The Sawyers Arms, JD Weatherspoon, 3 - 6 Commercial Street, Maesteg, CF34 9DF

Facilitators: Lynda & Rob

Glan Clwyd Kidney Café

Date: 3rd week of every month (alternates between a Tuesday & Wednesday)

Time: 14:30 - 16:00

Venue: Caffi Cariad, Old HM Stanley Hospital, Upper Denbigh Rd, St Asaph, LL17 0RS

Facilitators: Mair, Mel & Jane

Wrexham Kidney Café

Date: 1st Wednesday of every month

Time: 10:00 - 12:00

Venue: YAB Hub, Unit 3, Eagle Meadow, Wrexham, LL13 8DG

Facilitators: Alan & Gwyn

Swansea Kidney Café

Date: 2nd Monday of every month

Time: 11:00 - 13:00

Venue: The Woodland Centre, Penllergare Woods, Swansea, SA4 9GS

Facilitators: Nigel & Brenda

Aberafan Kidney Café

Date: 4th Tuesday of every month

Time: 10:00 - 12:00

Venue: Port Talbot Masonic Hall, 8 Forge Road, Port Talbot, SA13 1US

Facilitators: Robert & Lynda

BOOKING IS ESSENTIAL.

To book on and find out more visit:
https://pophamkidneysupport.org.uk/events/

Contact:
support@popahmkidneysupport.org.uk

Call: **0333 2001 285**

PKS teams up with Cardiff UHW Renal Team!

Here at Popham Kidney Support, we recently had the privilege of teaming up with the Cardiff UHW Renal team to offer vital information and support to chronic kidney disease patients during a crucial phase of their treatment journey.

These sessions are incredibly valuable for patients starting or continuing treatment, providing a glimpse into what lies ahead and the support available.

The day kicked off with **Estelle Short** from Cardiff and Vale UHB, followed by presentations from **Linzi Isaac** of Kidney Care UK and our team.

Kidney Care UK shared details about their grants for essential household items, holiday travel vouchers, and assistance with application forms like PIP and grants.

They also offered advice and support through professional contacts.

During the event, **Geraint John**, our Patient Coordinator/Mentor, and **Brenda Board**, one of our amazing Peer Mentors, shared their personal journeys dealing with kidney cancer, dialysis, transplantation, and their successful outcomes.

Their stories deeply resonated with attendees, sparking meaningful discussions and prompting interesting questions.

Patient grants

Here at Popham Kidney Support, we are delighted to announce that we are now able to help those we support apply for and secure patients grants.

Grants are available to kidney patients aged 18 years and older or the parents or carers of children and youths with kidney disease. Applicants must be living or receiving care in Wales.

The grants are specifically designed to help individuals on low incomes or living on benefits access essential personal and household needs. In addition, funding is available for aids that will benefit the applicant in the home.

There is a maximum value of £150 per application. We are now able to help individuals struggling to apply.

To complete an application form and to find out more visit:
https://pophamkidneysupport.org.uk/get-support/grants/

Email:
support@popahmkidneysupport.org.uk

Call: **0333 2001 285** - speak to Hayley



The Hospital Saturday Fund

We can now also help individuals apply for The Hospital Saturday Fund.

They are a registered charity whose aims are to provide assistance for registered health charities, hospices, medical organisations and individuals with a medical condition or disability.

HSF can provide help with the purchase of specialised equipment or forms of treatment.

Not sure if you eligible? Please contact us to find out more information.

Email:
support@popahmkidneysupport.org.uk

Call: **0333 2001 285** - speak to Hayley



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.

It 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 Patient Services Coordinator and **Brenda Board**, and **Ali Salter**, two of our inspiring of Popham Peer Mentors, represented our charity and sparked interest in our **'Exercise 4 Health'** programme and Kidney Cafés.

The day was filled with informative sessions, helping everyone understand Polycystic Kidney Disease (ADPKD) in depth.

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.

Exercise 4 Health Group takes on Neath Abbey

In April, our fantastic **Exercise 4 Health** group met at the Neath Abbey Ruins for a face-to-face walk.

Starting from the entrance of the Neath Abbey Ruins, the route took the group through the picturesque surroundings of the ruins, offering a blend of history and natural beauty. It represented a great opportunity to unwind, enjoy the company of fellow members, and boost our fitness levels together.

Geraint John, our Patient Support Coordinator, first established a Walking for Health Group in April 2019 to help people affected by kidney disease to enjoy the benefits of walking.

Since then, the group has grown from four people meeting monthly, to over 24.

Geraint has found a way to encourage more people to join, by converting whatever form of exercise they do into miles - prompting the group's new rebrand **'Popham Kidney Support's Exercise 4 Health Group'**.

To find out more and to join the group:

Visit:
https://pophamkidneysupport.org.uk/get-support/peer-supportservices/#content-peer-support-4

Email:
support@pophamkidneysupport.org.uk

Call: **0333 2001285** and ask for Geraint

Cook & Dine

PKS were delighted to be asked to be a part of Morriston Hospital`s **"Cook & Dine"** event held in 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.



Our **Robert Williams** attended the event and of course, ended up washing the dishes.



On the menu for the event were *Chicken with Pomegranate Salad*, and delicious *Choc Chip Cookies*. Everyone who attended the day really enjoyed and understood the benefits of eating well to help them on their kidney journey.

We look forward to the next Cook & Dine Experience where we can take part and undoubtedly end up washing the dishes!

PKD Information and Support Day

On Saturday, June 15th, we held our first-ever Information and Support Day in Wales.

Hosted by Kidney Consultant, **Dr. Aled Williams** and Clinical Nurse Specialist, **Melanie Pickman**, it took place in the Mercure Hotel, Swansea.

This full-day event offered talks, Q&A sessions, and the chance to meet with other PKD patients and family members.

https://pophamkidneysupport.org.uk/news/proud-to-attend-the-adpkd-informationand-support-day/

VOLUNTEERS

Welcome to our four new volunteers

We are excited to welcome four new volunteers who bring a wealth of knowledge and lived experience of Chronic Kidney Disease. This is your chance to learn more about them.

Neil Amber



Hi I'm Neil. I've lived with CKD for nearly 30 years. I had a kidney transplant in 2009, a few days before I was supposed to start dialysis. I was very fortunate to only wait 8 weeks on the transplant register.

I joined the charity one year ago and after undertaking initial training I looked forward to giving advice to others and passing on my experiences which I have encountered over the years that I've lived as a renal patient.

My main reason for joining PKS was to help patients starting out on their kidney journey which can be a scary experience for anyone that is diagnosed with renal problems.

Robert Williams



Hi I'm Robert. I have been a CKD patient for just over 9 years now. I attended hospital 3 times a week for 22 months for dialysis. I had a transplant over 7 years ago and thankfully all is going well.

The teams in Morriston and Cardiff took great care of me but it was still a difficult time.

Once I was feeling up to it, I knew I wanted to give back and hopefully offer support to other patients. This is why I volunteered for Popham Kidney Support.

I am in the process of starting a Kidney Café in Port Talbot, where CKD patients are welcome to come along and share their experience and hopefully feel that they are not alone.

Jen George



Hi I'm Jen. I have been on my Kidney Journey for over 30 years.

During this time I have experienced CAPD, Unit and Home Dialysis.

I saw a leaflet at Morriston Hospital renal unit and contacted Popham Kidney Support with a view of completing the Agored Peer Mentor Training.

I am now a trained Peer Mentor and I look forward to being able to help and pass on my knowledge and experience to those on a similar kidney journey.

Brenda Board



Hi I'm Brenda. I was diagnosed with Kidney Cancer in 2013, had Partial Nephrectomy and managed the condition until 2018.

I then went onto the transplant list when I was based in Bristol but I moved to Crynant in the same year and had to re-apply to go on the transplant list in Wales which was confirmed in 2020.

I was hoping to start PD and had 2 attempts which unfortunately failed.

I started Haemo Dialysis in December 2020 and then received a transplant in March 2021 and all has been going well.

I was told about Popham Kidney Support by Mel Pickman a Dialysis Nurse in Morriston Renal Department. I then attended a Kidney Café and signed up for the Agored Training which I passed.

I have since mentored several patients, helping them on their kidney Journey.

Train to become a Peer Mentor

We offer a two day course online and face to face.

To join the team:

- You will be 18 years or over
- Have lived experience of kidney disease
- Have a minimum of 4 hours a month spare
- Want to help others

Information:

- Each day includes 5 hours of learning, with a break.
- The course will give you all the training to become a Popham Peer Mentor and help others with kidney disease who need advice and support
- Your training will give you access to all volunteering opportunities including one to one, group and telephone support and others that may arise out of being a Volunteer Peer Mentor for the charity
- There is post course work to complete in your own time with full support provided
- You will receive an Agored Qualification in Peer Mentor Skills
- You will need to complete a DBS and live in Wales

Booking is essential!

Course dates:

Wednesday 18th September 2024
Wednesday 25th September 2024

Completing all sessions is mandatory.

Venue: Virtual and PKS Office

Time: 9:00am to 3:45pm

To find out more and to book on:
https://pophamkidneysupport.org.uk/get-support/peer-support-services/#content-peer-support-2

Email:
support@pophamkidneysupport.org.uk

Call: **0333 2001285** and ask for Ceri

Popham PEER SUPPORT

A tribute to Peer Mentor **Margaret Parry**

It is with profound sadness that we at Popham Kidney Support share the news of the passing of **Margaret Parry**.



Margaret joined us as a Peer Mentor in 2018, during the formative days of our Charity, long before the establishment of Agored.

Margaret's journey with us began shortly after she received a kidney transplant. She had previously been receiving dialysis in Cardiff North, Pentwyn, demonstrating her resilience within the kidney community. Margaret's dedication was evident in the various roles she embraced with unparalleled enthusiasm and compassion.

From carrying out unit visits to attending our kidney cafés, Margaret's presence was felt everywhere. She provided one-on-one peer mentoring, offering her wisdom and support to those navigating their own kidney health journeys. Even during the challenging times of the COVID-19 pandemic, Margaret's spirit never wavered. She made herself available online, ensuring that her peers continued to receive the support they needed.

Margaret was not just a mentor to many; she was a pillar of strength for our Peer Mentor Team. Her willingness to give back and support others created a ripple effect, touching the lives of countless individuals within our community. Her contributions and compassionate nature will be deeply missed by volunteers, staff, and trustees alike.

Margaret Parry's legacy is one of kindness, support, and true dedication. While we mourn her loss, we also celebrate the tremendous impact she had on all of us. Her memory will continue to inspire and guide us in our mission to support those affected by kidney disease.

We send our love and thoughts to Margaret's friends and family in this difficult time.

Rest in peace Margaret, we will remember you always.

Join the **Dialysis Dash 4 Cash**

Dialysis Dash 4 Cash is an online fundraising event to support children, youths & adults with kidney disease to lead a better quality of life.

Anyone can get involved, running to raise much needed funds during the month of August.

It is as easy as this:

- Run 5k. Donate £5. Receive an online banner to help invite 5 others to participate to help raise £150 for one patient grant.
- Run 5 x 5k. Donate £25. Receive a PKS T-shirt.
- Run 10 x 5k. Donate £50. Receive a PKS Hoodie.
- Shout about it online using our DD4C Banner and invite others to get involved.

Join the Facebook Group: **Dialysis Dash 4 Cash 24** and share a picture, donation and recorded 5k.

To find out more information and how to join in please email or call us.

support@popahmkidneysupport.org.uk

Call: **0333 2001 285** - speak to Hayley

Dialysis Dash 4 Cash

Seeking Charity Champions

We are seeking **Charity Champions** across Wales.
Our Charity Champions need to be passionate individuals who are committed to supporting **Popham Kidney Support**.

You will work alongside the PKS Team to support the charity, raising money in your area, identifying new fundraising opportunities and raising awareness of PKS and their Services.

Charity Champions represent PKS in their local area. There are various ways to do this, and the role is flexible, so you are free to pick and choose which activities appeal to you. Some examples of activities Charity Champions do include: attending cheque presentation events as a representative of PKS; attending community events as a representative of PKS; attending organised walking, running, and cycling events to cheer on people taking part for PKS; organising your own fundraising activities e.g. bucket collections, cake sales or raffles; supporting PKS fundraising and/or awareness events e.g. bucket collections, festivals, regional shows etc; providing information in your local area about the support PKS provides e.g. putting information leaflets in local GP surgeries, supermarkets, or posters on community notice boards.

The time commitment can be as little or as much as you can give. We ask that all Popham Charity Champions complete an induction (either face to face or virtually) and be happy to attend regular meet ups with other volunteers in their region if they are available. Once the induction



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

To find out more and Apply:

https://pophamkidneysupport.org.uk/about-us/apply-to-us/

SUPPORTERS



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 Support 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.*

Nurse Melanie raises £900 at the Brighton Marathon

We're absolutely thrilled to share some fantastic news - **Melanie Jones** has 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. Years later, her career led her to care for the late **Paul Popham**, whose memory is the cornerstone of our charity and is central to everything we do.

Melanie said: *"There is a core of workers who work so hard to raise the funds needed and put that money to excellent use through befriending services, helping families in need, offering help to the units that care for these wonderful patients and much more!"*

Swansea Bay Summer 5k Series 2024

The Swansea Bay Summer 5k Series 2024 returned for its 6th year, continuing its tradition of bringing together competitive and fun runners from Swansea and surrounding areas.

Organised by **Paul Popham Running Club**, this year's series maintained its reputation as a fun and competitive event within the local running community.

Established in 2016, Paul Popham Running Club aims to help Swansea residents embrace running. Starting with a programme that guided novices to complete a 5K in eight weeks, the club has expanded to support members in progressing to longer distances, including 10Ks, half marathons, marathons, and triathlons. Today, the club boasts six groups catering to all levels and hosts its own licensed events.

The series, consisting of three 5K runs, is a fully licensed and Welsh Athletics affiliated event, attracting hundreds of runners of all abilities each year. Participants enjoyed flat, fast courses with stunning views of the Swansea Bay coastline. The event welcomed both seasoned athletes aiming to boost their ***'Power of 10'*** rankings and casual runners looking to enhance their fitness.

The runs took place on the second Wednesday of May, June, and July.

All proceeds from the series were donated to our charity, providing crucial support to people affected by kidney disease and their families across Wales. Contributions from the event directly supported our mission to make a positive impact in the community.

Participants were rewarded with trophies for the 1st, 2nd, and 3rd place winners in Junior, Female, Male, and Veteran categories for each race, with additional trophies for the overall winners in each category at the conclusion of the series. Young running enthusiasts aged 11 and under also participated in a 1k 'fun run' around the cenotaph, with trophies awarded to the top three finishers.

This year's series was held in partnership with Freedom Leisure, a leading not-for-profit leisure trust, marking the beginning of a three-year corporate sponsorship.

Our CEO and Chair of Paul Popham Running Club, **Jo Popham**, said:

"We were thrilled to host our 5K Series for the sixth consecutive year! These runs provided a wonderful platform for our community to come together, allowing competitive athletes and casual running enthusiasts alike to improve their times, soak in the stunning Swansea Coast views, all while raising money for our charity, Popham Kidney Support.

"We are also thrilled to partner with Freedom Leisure for the next three years as we work together to promote health initiatives that benefit our community. This partnership will help us expand our reach and impact, making a positive difference in the lives of those affected by kidney disease."



Gwyn Owen, South Wales Area Manager of Freedom Leisure, added:

"We at Freedom Leisure are proud to partner with Popham Kidney Support for the 5k Series, promoting community wellness and raising awareness of kidney disease across Wales.

"This partnership is especially meaningful to us as we recognise the importance of supporting such a vital cause. Together, we can make a significant impact on individuals and families affected by kidney disease."

Marathon heroes raise £3,000

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.

In our eleventh year, we've achieved a remarkable milestone by surpassing £1 million in fundraising efforts. Andy and Simon's fantastic contribution adds to this incredible achievement, highlighting their dedication and the generosity of our community.

Every pound raised makes a difference, and we're immensely grateful for their outstanding support.

Both runners have a personal connection to the charity, making their efforts even more meaningful.

The funds achieved by Andrew and Simon are part of the amazing £7,000 raised by the Paul Popham Running Club, which had four runners participating in the London Marathon, supporting various charities.

enquiries@paulpophamrunningclub.co.uk

paulpophamrunningclub.co.uk

Dive into a charity skydive

We're giving you the opportunity to be a hero and fulfil your dreams whilst raising funds for Popham Kidney Support!

We can help make your skydiving adventure a reality while supporting your fundraising initiatives.

Now you can jump for joy and a great cause!

If you want to jump at 10,000ft, you need to raise £400 in total - (£234 raised a minimum of 5 weeks before the jump). If you want to jump at 15,000ft - you need to raise £550 in total (£313 raised a minimum of 5 weeks before the jump).

You can choose a date, but if there's more than one person jumping, we'd like to have you all on the same day.

To find out more and to book on: **https://pophamkidneysupport.org.uk/fundraising-events/skydive-for-popham-kidney-support/**

Email: **support@pophamkidneysupport.org.uk**

Call: **0333 2001285** and ask for Ava

SUPPORTERS



During July, members, families, and friends of Cwmtwrch RFC are uniting to walk or run 2,013 miles for our charity - the distance in honour of 2013...the year we were established.

Cwmtwrch RFC go the extra mile for PKS!

Cwmtwrch Rugby Club, established in 1890 and based in the Upper Swansea Valley, is a renowned Welsh rugby union team. Known for its rich history and numerous achievements, the club currently fields a Senior XV competing in the WRU West Central 5 division.

Each year, the club selects a charity to benefit from its fundraising efforts.

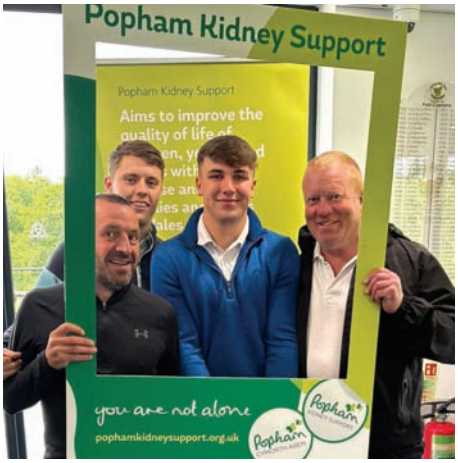
This year, our charity was lucky enough to be chosen!

Our work at Popham Kidney Support is especially close to the hearts of the Cwmtwrch Rugby Club team and staff, as their members **Jaz Howells**, **Eddie Phillips**, **Andy Williams**, **Steve Smith**, and **Neil Amber** are living with kidney disease. Neil has a particularly personal connection with us. After battling kidney disease for 30 years and receiving a kidney transplant in 2009, he has been volunteering as one of our amazing Peer Mentors for the past year. In this role, Neil supports fellow CKD patients at the start of their journey, offering advice and sharing his experiences.

Rugby player **Steve Smith** is another staunch advocate. He received a kidney from his best friend **Kael Ace** for a life-saving transplant. Steve is committed to raising awareness about kidney disease and providing support to those facing similar challenges.

Cwmtwrch Rugby Club's 2,013 mile challenge is just one of several exciting fundraising events they have planned over the next seven months.

In April, the club hosted a hypnotist night with a live band performance. In May, three nurses and friends of Cwmtwrch RFC - **Sheree**, **Stacey** and **Menna** - bravely climbed Pen-Y-Fan ten times within 24 hours, raising £2,000.



From February to June, rugby player **Gareth** ***"braved the shave"*** by growing out his beard, ultimately raising £1,208.

Joanne Popham, our CEO, said:

"We at Popham Kidney Support are extremely honoured to have been chosen as Cwmtwrch Rugby Club's charity for their fundraisers. The club's dedication and the support of the community has been truly heartwarming.

"These efforts not only raise vital funds for our charity but also increase awareness about kidney disease and support those affected by it. We are profoundly grateful for their commitment and generosity, which will help us continue our mission to improve lives and provide essential resources for those in need."

You can donate to Cwmtwrch RFC's 2,013 mile challenge via this link:

https://www.justgiving.com/page/cwmtwrch-rfc-walkrun2013?utm_medium=fundraising&utm_content=page%2Fcwmtwrch-rfc-walkrun2013&utm_source=copyLink&utm_campaign=pfp-share

The entire team here at Popham Kidney Support are at a loss for words over Cwmtwrch RFC's continued generosity -

Thank you from the bottom of our hearts! You are all amazing!

We're supporting a 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!

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, they will be seeking donations, to fund both their adventure and their charities of choice.



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.

To support them to support us: **https://www.merchedymor.wales/**

KIDS

Attend our Transition Youth Programme



We are very excited to announce that the **Children's Kidney Centre** and **Popham Kidney Support** are to host a **Transition Youth Programme** for children and young people between 13 and 18 years of age living in Wales.

The day will take place in November at the Fontygary Leisure Park near Cardiff.

There will be a variety of workshops to address the emotional challenges faced by young patients. These workshops will provide a supportive environment where participants can share their experiences and feelings, helping to alleviate the psychological burden of living with a chronic illness.

The programme will offer coping strategies, mental health resources, and peer support, empowering youths to manage their condition more effectively while maintaining emotional wellbeing.



By addressing both the medical and emotional aspects of chronic kidney disease, the programme helps young people navigate their transition to adulthood with greater resilience and confidence.

Keep an eye on social media platforms for updates and information on the event Saturday in November.

To book on and find out more: **https://pophamkidneysupport.org.uk/about-us/apply-to-us/**

Email: **support@pophamkidneysupport.org.uk**

Call: **0333 2001285** and ask for Claire.

Cheers and support for Sea View's first 5k run

In May, representatives from **Popham Kidney Support** had the pleasure of attending Sea View Primary School's very first 5k run.

The children were raising money for both their school and for us, 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 music, 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 children 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.





Launching Wally Walk to School Week

We celebrated the local 'Walk to School Week', by launching our very own 'Wally Walk to School Week', from May 20-24th this year.

We are hoping to grow the project so that it continues year after year.

For schools wanting us to visit them to discover more about our charity and kidney disease please contact Claire via email: **claire@pophamkidneysupport.org.uk**

Halfway to funding the Children's Kidney Centre refurbishment



We are delighted to announce that our charity is making great strides in our mission to refurbish the **Children's Kidney Centre** (CKC) Outpatient Department in Cardiff.

This much-needed renovation project aims to create a more welcoming and efficient environment for our patients, their families, and our dedicated staff, ensuring that the high standard of care provided by staff is mirrored by the facilities.

We are, therefore, thrilled to share that we have passed the halfway mark toward our ambitious goal of raising £142,000 for this vital project. This milestone has been made possible thanks to the incredible generosity and support from a wide array of sponsors and supporters.

We extend our heartfelt thanks to **Stanwell School**, **GCNG Limited**, and the **Golf Day** supported by **Kim Loosemore**. Special appreciation also goes to **Lyndon** and **Alfie-Ray Rees** for their Ultra Marathon efforts in Ray's **Renal *'Ray of Sunshine'* Run**, the **Paul Popham Running Club**, **Eglwys Ebeneser Caerdydd**, and **Seren**, **Rachel** and **Arfon Jones**.

Our gratitude also goes to Mr and Mrs Dafydd James for their generous contribution in lieu of wedding gifts, and to everyone who participated in and supported our Christmas Card Competition, including winners **Poppy-Rae Farrant**, **Grace Birt**, **Riley Windle**, and **Megan Sidford**.

Additionally, we would like to thank **Sienna Connors**, **Julie Mein** and **Ffion Mein**, **Macsen** and **David Toogood**, the **Dialytic Cycling Team**, **Jaimie Flynn**, and **Robert Williams** for their significant contributions.

We are also extremely grateful to our corporate sponsors: **Swansea Building Society**, **Coop Killay**, and **Fontygary Leisure Park**. Your support brings us closer to transforming the Children's Kidney Centre and ensuring a welcoming, state-of-the-art environment for our patients and their families.

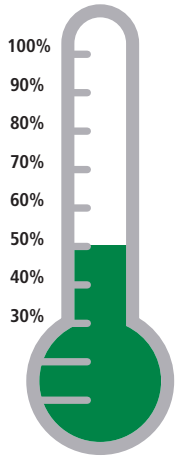
Joanne Popham, our CEO, said:

"We are thrilled to have reached the halfway point in our fundraising goal for the Children's Kidney Centre and are extremely grateful to all of the supporters that have helped us get so far. However, we still have a way to go, so we will continue to organise various fundraising events and initiatives to reach our remaining target and we're calling on you to help. Every single contribution, no matter the size, brings us closer to our goal and makes a meaningful difference in the lives of children with kidney disease."

For those interested in supporting us or learning more about the project and our upcoming fundraising events, please contact **Hayley Evans** by email at: **hayley@pophamkidneysupport.org.uk**

Our Goal: £142,000

To date, with your generosity we have raised an amazing **£70,000**. We have now reached **50%** of our target!



Meet the team at Popham Kidney Support



Joanne Popham
CEO
joanne@pophamkidneysupport.org.uk



Geraint John
Patient Support Coordinator
geraint@pophamkidneysupport.org.uk



Gail Williams
Peer Support Manager
gail@pophamkidneysupport.org.uk



Hayley Evans
Project & Administration Coordinator
hayley@pophamkidneysupport.org.uk



Ceri Williams
Peer Mentor Coordinator
ceri@pophamkidneysupport.org.uk



Claire Popham
Children & Youth Officer
claire@pophamkidneysupport.org.uk



Ava Houston-Phillips
Administrative Assistant
ava@pophamkidneysupport.org.uk

Popham
KIDNEY SUPPORT

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

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