

Popham Kidney Support

England & Wales · Charity number 1160114

Details

Other names	PAUL POPHAM FUND, RENAL SUPPORT WALES, PAUL POPHAM FUND, Popham Kidney Support
Status	Registered
Legal form	CIO
Registered	2015-01-23
Register	View on the Charity Commission register

Contact

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Website	http://www.pophamkidneysupport.org.uk

Activities

Objects: TO PRESERVE AND PROTECT THE HEALTH OF RENAL PATIENTS IN WALES BY PROVIDING AND ASSISTING IN THE PROVISION OF FACILITIES, SUPPORT SERVICES AND EQUIPMENT NOT NORMALLY PROVIDED BY THE STATUTORY AUTHORITIES. TO ADVANCE THE EDUCATION OF THE PUBLIC IN HEALTH CARE BY THE PROVISIONS OF LECTURES, FORA AND BY THE PUBLICATION OF NEWS LETTERS DEVOTED TO HEALTH CARE.

Activities: To provide all Kidney Patients in Wales with a better quality of life. Putting Patients First, helping them believe in themselves to achieve a better quality of life for them and their families. Providing support services that share information, advice and emotional support through our Peer Mentor Services and supporting projects that improve facilities, patients welfare and wellbeing

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Throughout Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£250,030	£237,598	-	-
2024-04-04	£197,738	£207,204	-	-
2023-05-04	£158,182	£185,117	-	-
2022-04-04	£194,843	£146,240	-	-
2021-04-04	£169,475	£108,974	-	-

Trustees

Name	Role	Appointed
LYNNE DENISE ORTON	Chair	2015-01-23
Ashraf Mikhail		2021-04-01
Dr Rhian Gwilliam		2025-01-14
Gillian Sheppard		2022-09-01
John Turner		2021-07-01
Kim Loosmore		2023-10-23
ROBERT SHEFFIELD		2013-03-13
Roger Hickman		2022-09-01

Accounts

REGISTERED CHARITY NUMBER: 1160114

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 4th APRIL 2025**

FOR

**POPHAM KIDNEY SUPPORT
(PREVIOUSLY KNOWN AS PAUL POPHAM
FUND, RENAL SUPPORT WALES)**

POPHAM KIDNEY SUPPORT
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FOR THE YEAR ENDED 4TH APRIL 2025

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POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

The trustees present their report with the financial statements for the year ended 4th April 2024.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

AIMS AND OBJECTIVES

Aims

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



Objectives

We achieve our aim through 5 clear objectives

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

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

Our flagship service is the Popham Peer Support Service, where we train people with lived experience of Kidney Disease (KD) to become volunteer Popham Peer Mentor, our team of 28 have worked incredibly hard to support our community with emotional wellbeing, providing treatment advice as well as general tips along their journey.

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

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

The success of our service is dependent on awareness and referrals. We will increasing our work in North Wales as well as, attending more clinics throughout Wales and building a robust patient pathway.

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

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

POPHAM KIDNEY SUPPORT

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FOR THE YEAR ENDED 4TH APRIL 2024

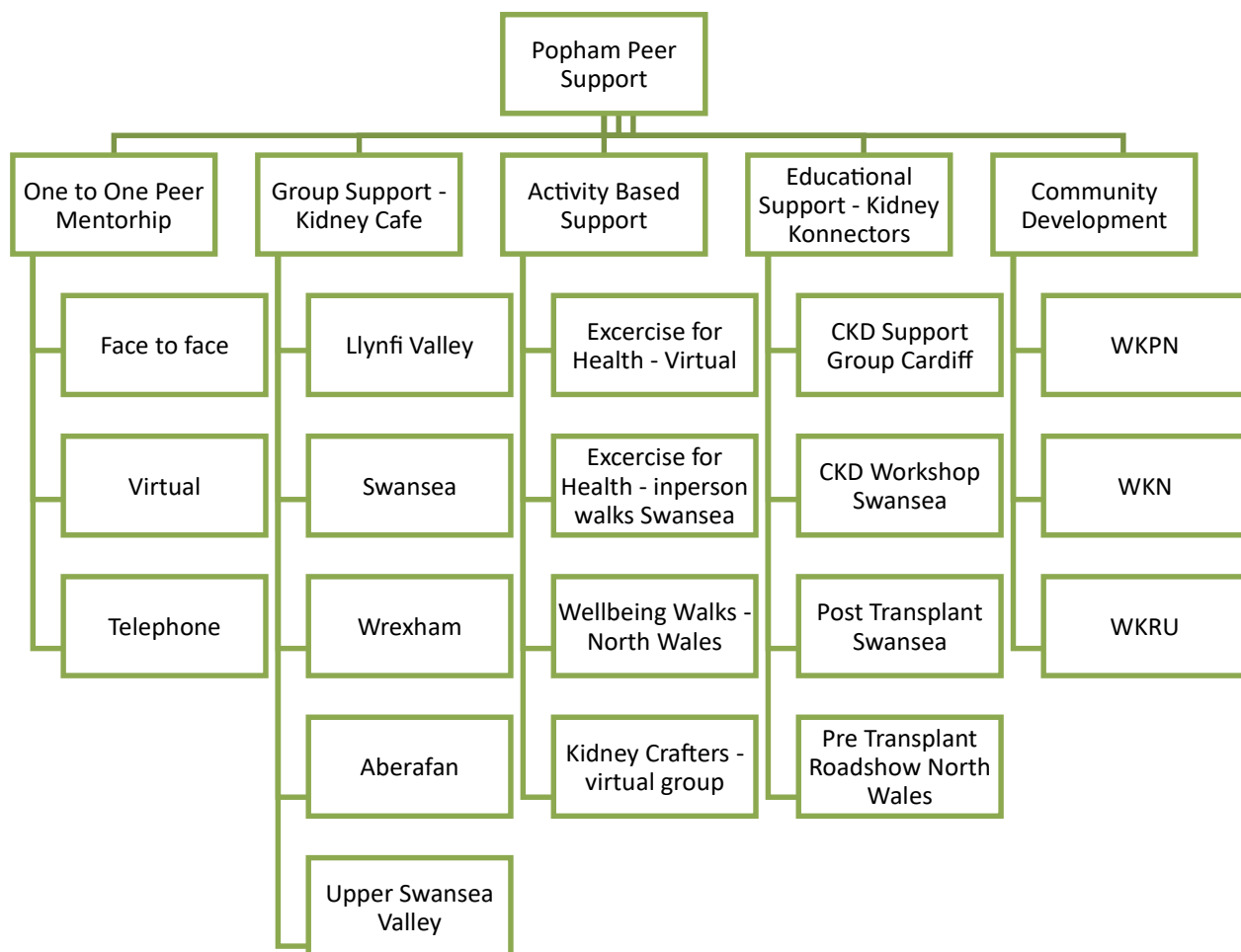
ACTIVITIES AND ACHIEVEMENTS

Popham Peer Support Service – Our Flagship Service

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



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



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

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

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

Two of our loyal and committed Peer Mentor sadly passed away during this year, both had retired due to ill health,

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TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

one during 23/24 and one during 24/25. One had also joined The Board of Trustees.

Margaret Parry joined as a Peer Mentor in 2018, shortly after she had received a transplant. Residing in Cardiff and supporting our community in the area, Margaret supported with 1-2-1 Peer mentoring, unit visits, Kidney Cafés and Kidney Konnectors. Margaret was not just a Peer Mentor to many she was a pillar of strength to our Peer Mentor Team. Her contributions have been sorely missed.

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

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

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

Our goal of recruiting 123 volunteer mentors needs to change so we are focused on:

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

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FOR THE YEAR ENDED 4TH APRIL 2024

Even Spread and Cross Section of Popham Peer Mentor

We aim to recruit an even and consistent spread of Popham Peer Mentor throughout Wales that have been delivery a consistent cross section of categories that match our community including: age, sex, stage of KD, connection to KD (i.e. patient, carer, parent, sibling) treatment choices and experience, ethnicity, religion, culture, geography.

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

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

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

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

Making the training accessible to all

You will note from Graph 3 we have 30 potential candidates who have not completed the training over the last 2 years - this is for a variety of reasons including treatment; their kidney journey has changed which affects their availability; work commitments; ill health; as well as the length of the training and the availability of courses. We have already introduced an evening course and over the next 12 months we will be introducing a one day online course.so we can hold it in one day and we will be creating an online course.

Focused advertising, awareness and recruitment campaign

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

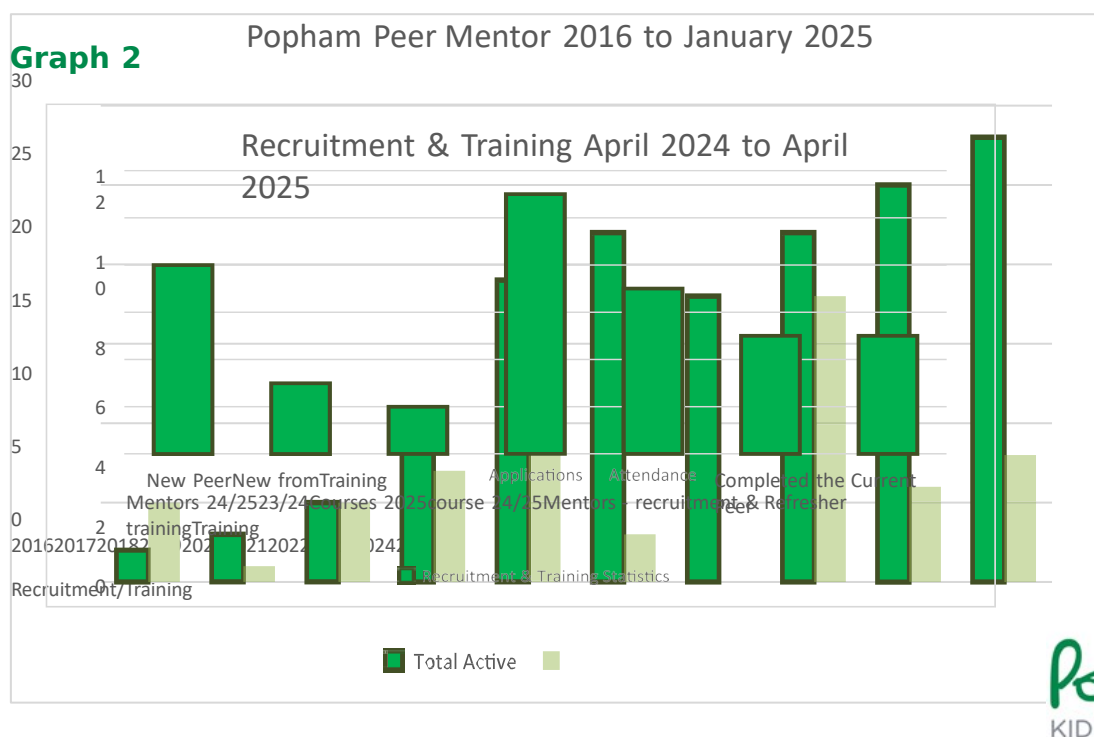
- Re-introduced Unit Visits - where ae Popham Peer Mentor visit dialysis Units throughout Wales to raise awareness of our services, offer support to our community and recruit volunteers
- Created marketing material that advertises that we are looking to recruit a broader cross section of our community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

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

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

Graph 1

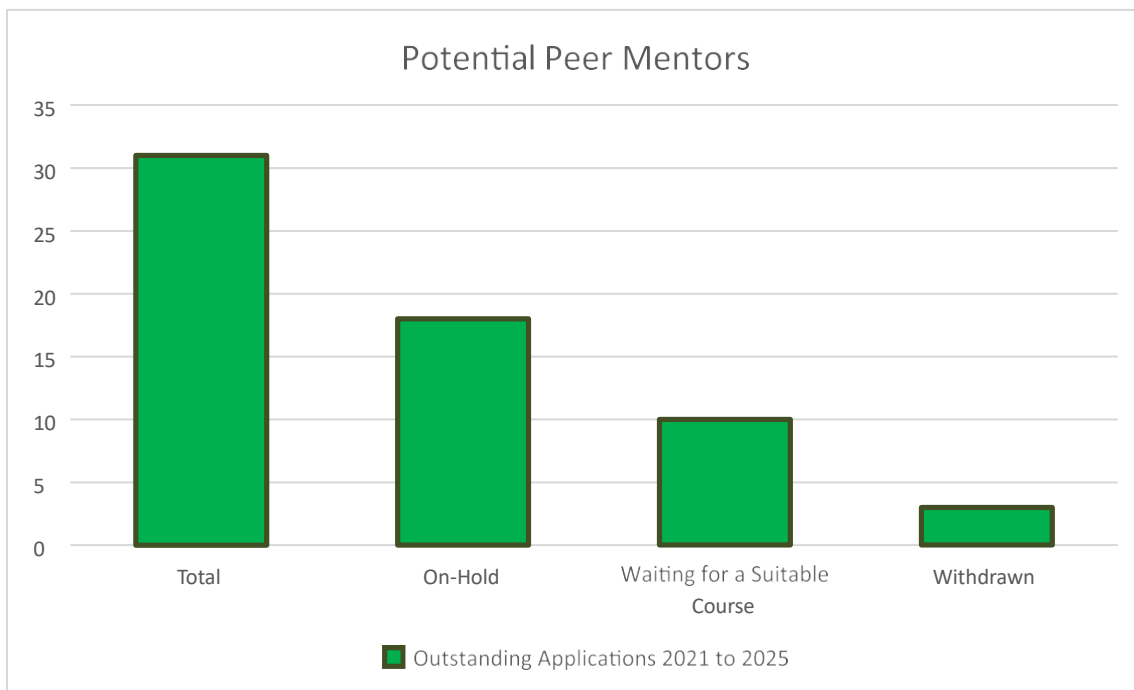


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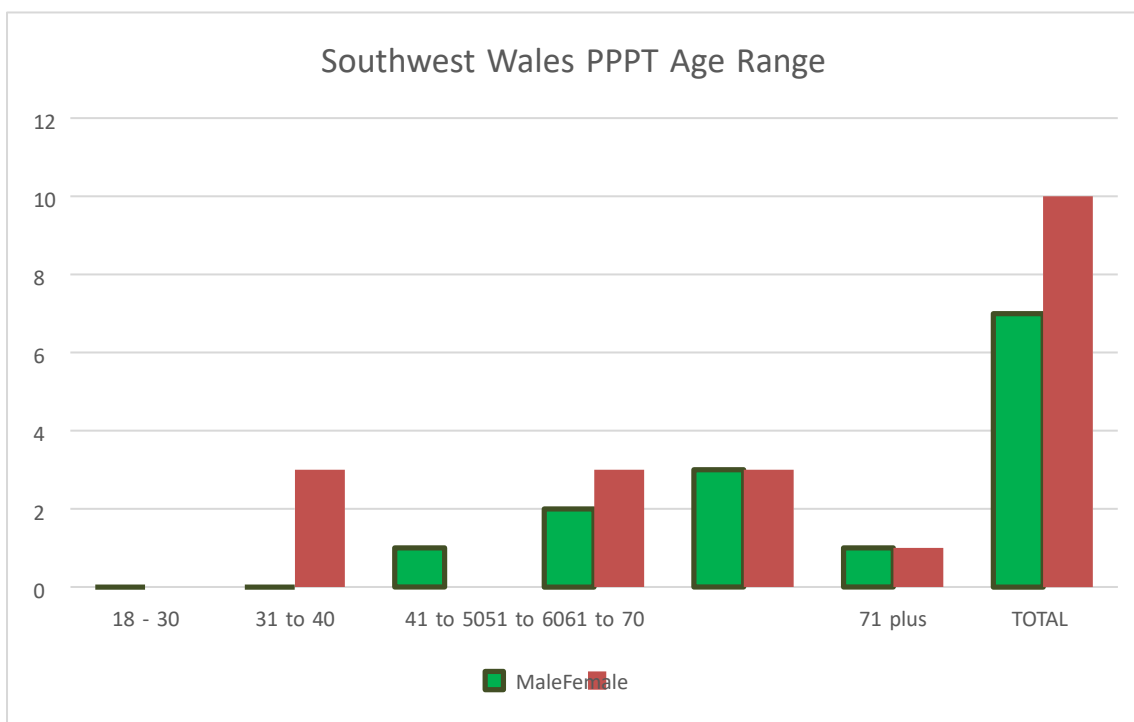
Graph 3



Skills Audit

South West Wales - Volunteer Popham Peer Mentor Team (PPMT)

SASW 1

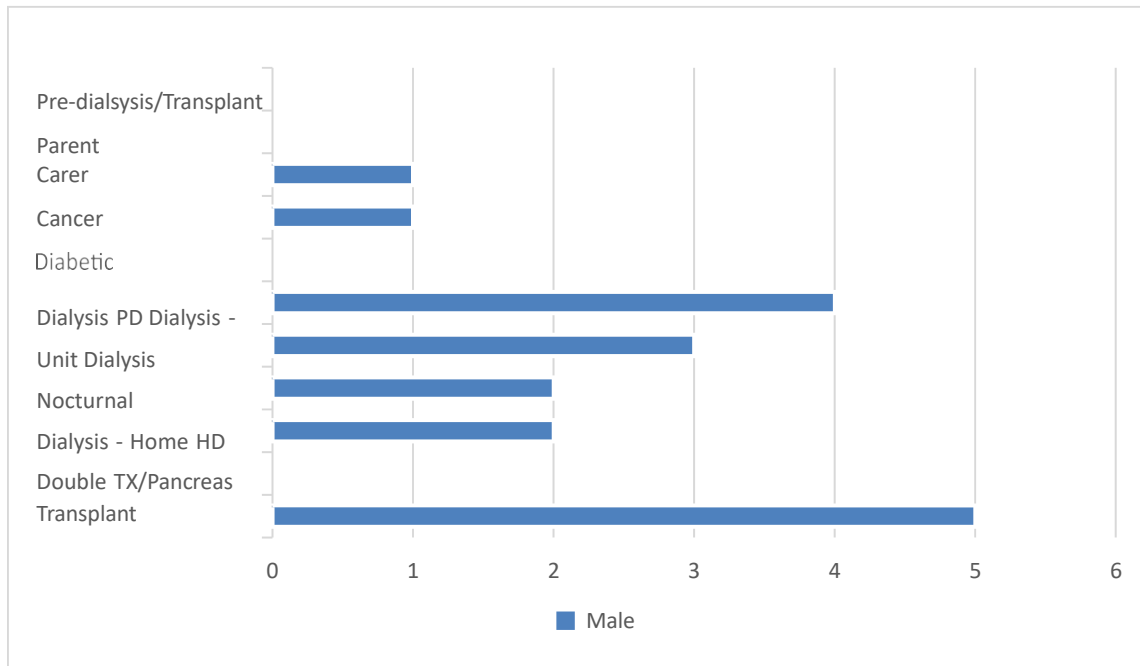


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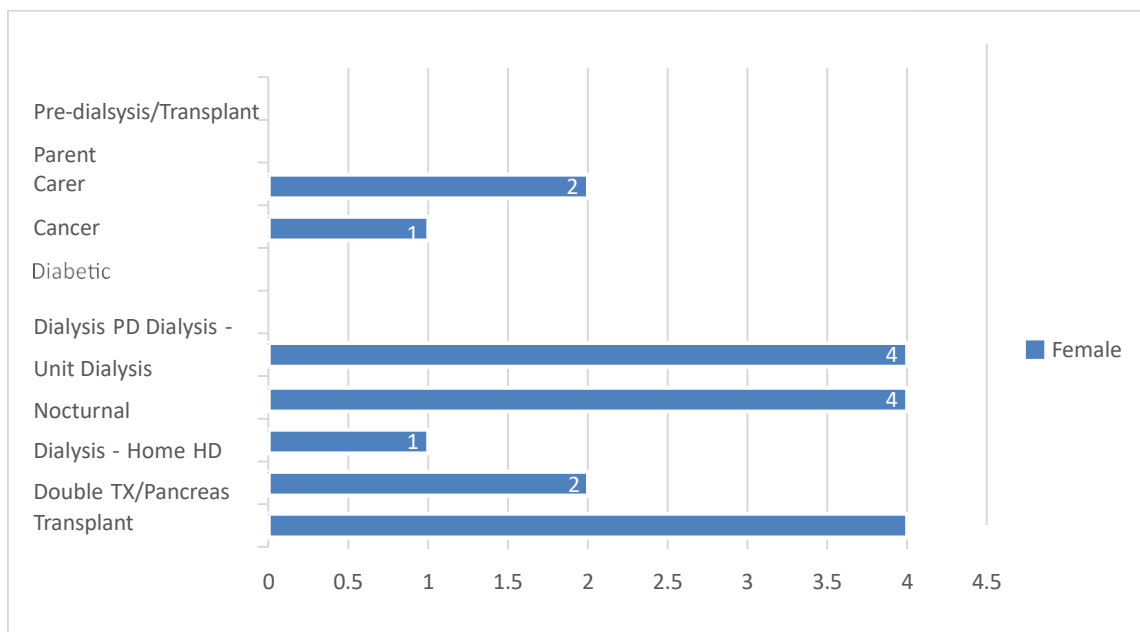
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FOR THE YEAR ENDED 4TH APRIL 2024

SASW 2



SASW 3



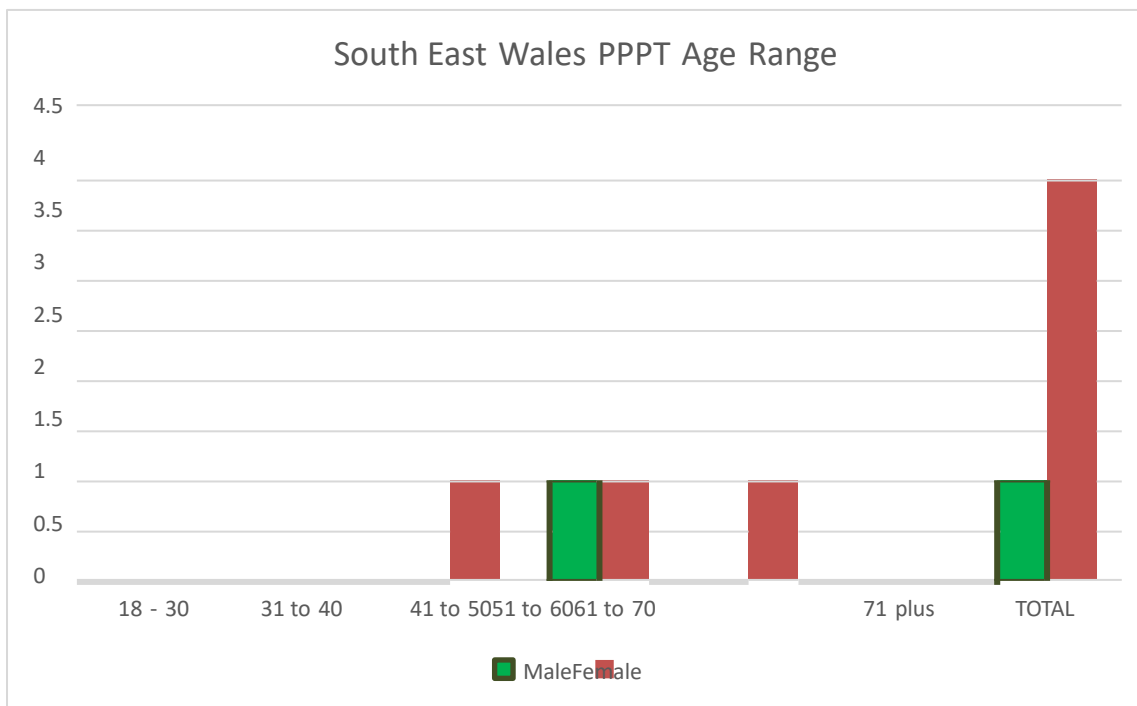
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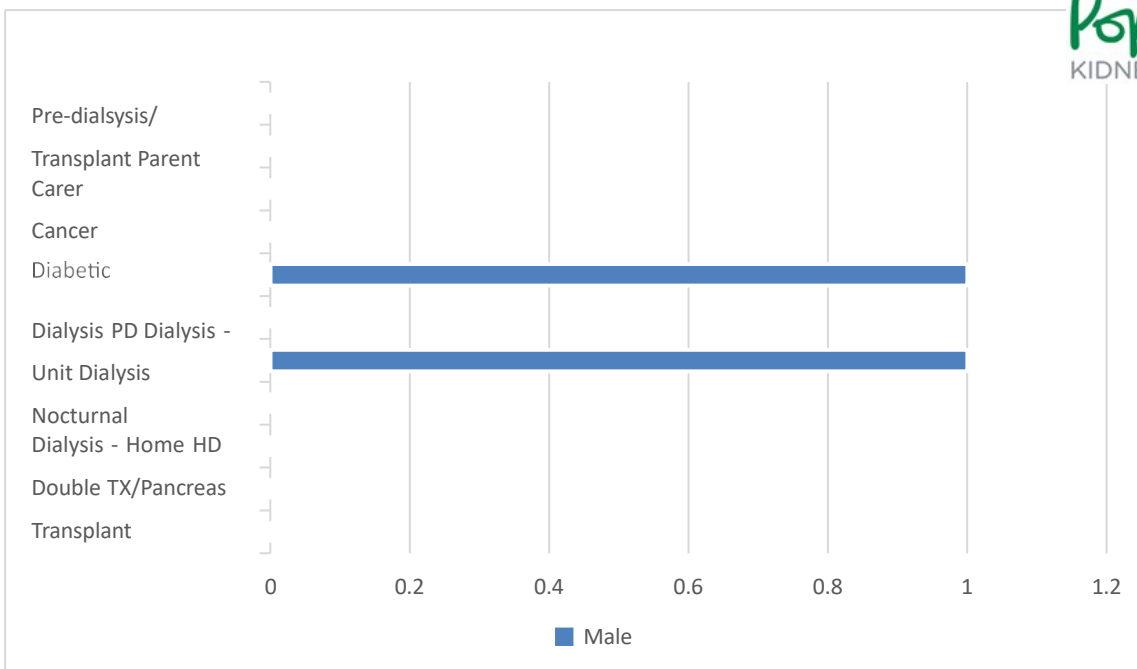
FOR THE YEAR ENDED 4TH APRIL 2024

South East Wales - Volunteer Popham Peer Mentor Team (PPMT)

SASE 1



SASE 2

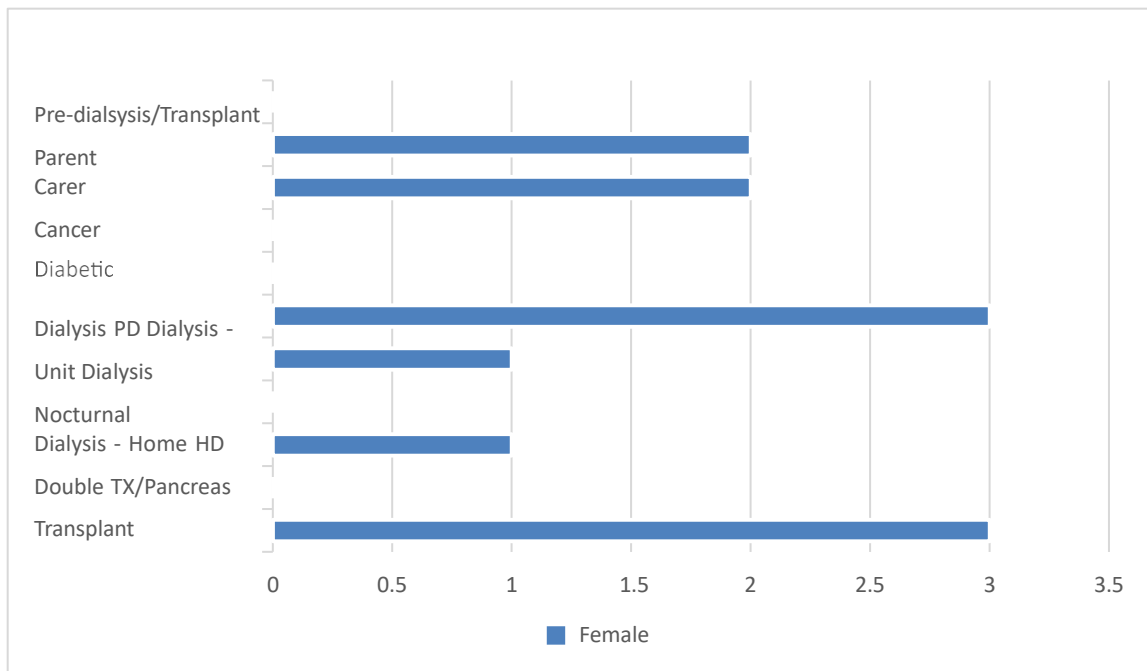


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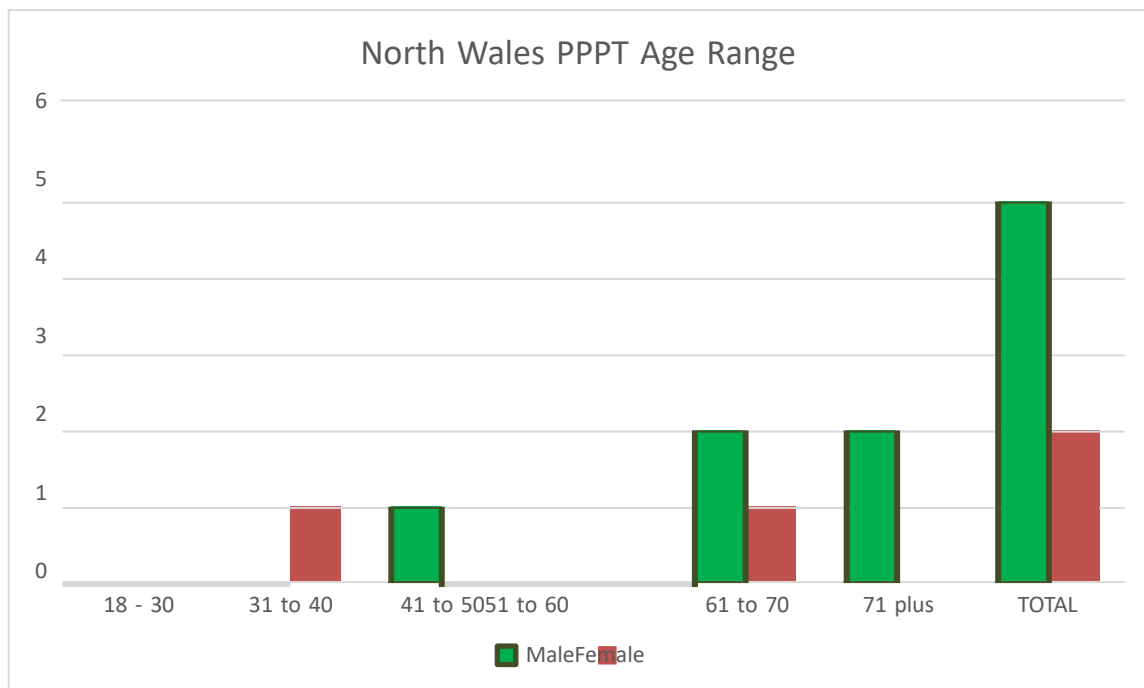
FOR THE YEAR ENDED 4TH APRIL 2024

SASE 3



North Wales - Volunteer Popham Peer Mentor Team (PPMT)

SAN 1

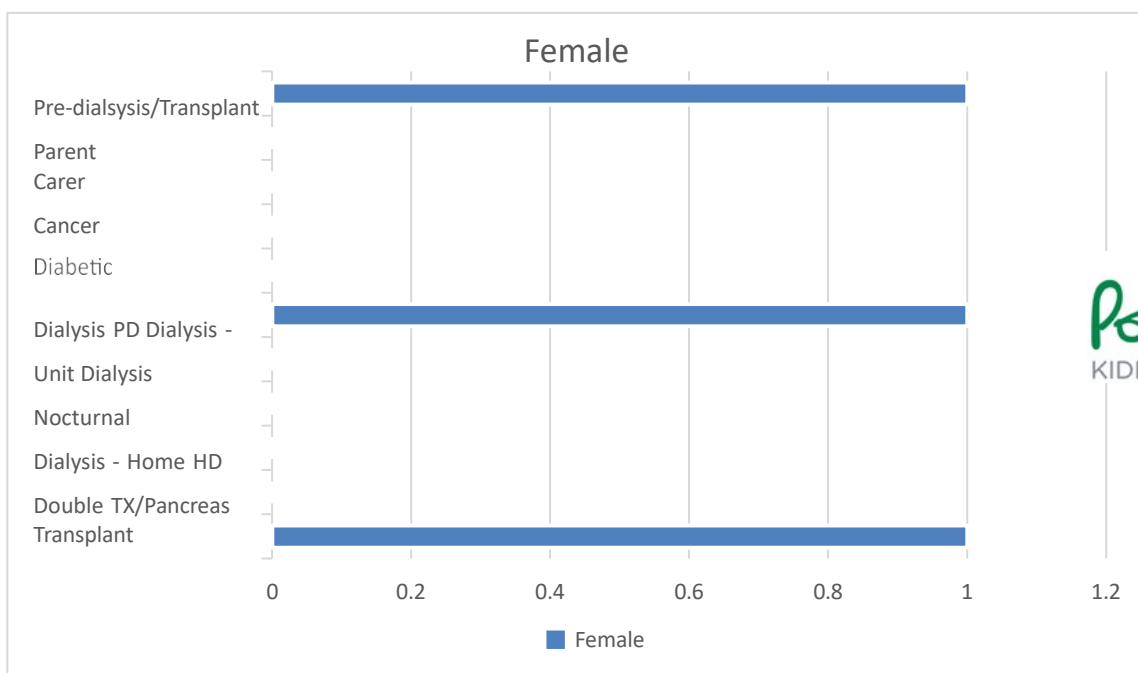


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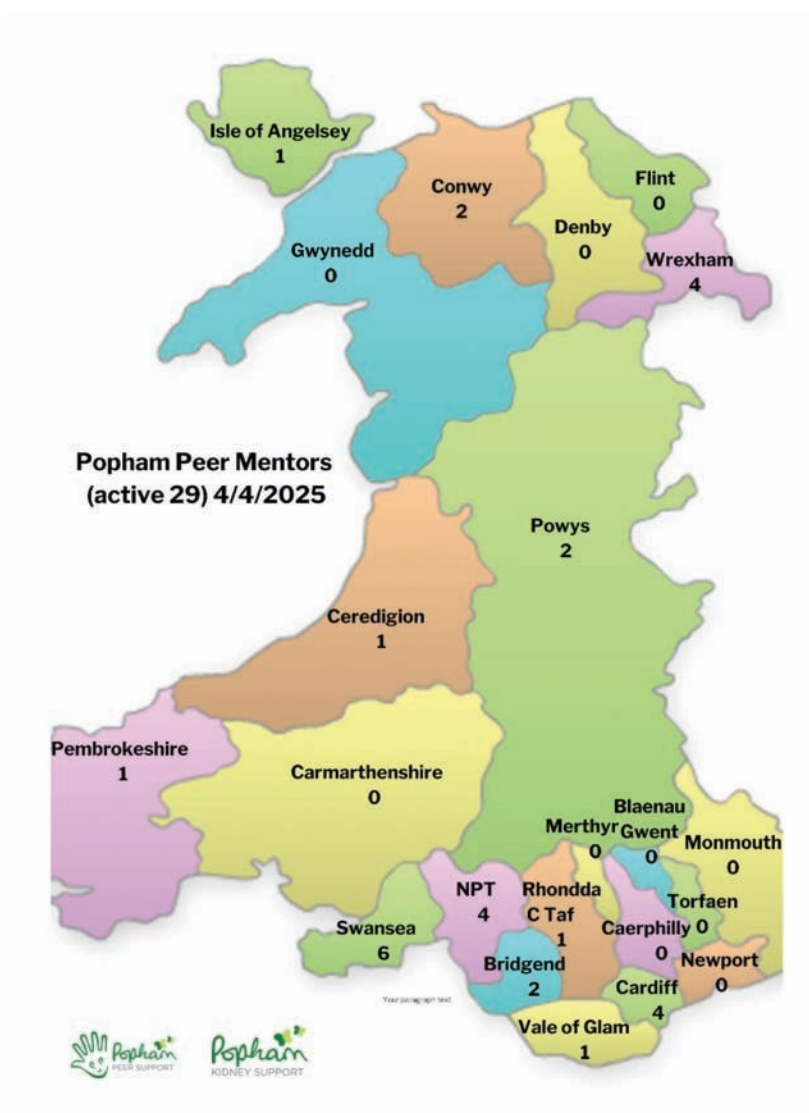
TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

SAN 2



MAP



TRUSTEE'S REPORT FOR THE YEAR ENDED 4TH APRIL 2024

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

Patients Supported

Our patient enquiries increased from 86 last year to 98 this year. Diagram 1 shows the splits between those who needed support and the type of support given and the type of support. Diagrams 2 and 3 detail the breakdown. As you can see in diagram 2 the majority of emotional support needed was due to a feeling of being overwhelmed with their situation and feeling anxious. In diagram 3 the majority requiring treatment advice specifically wanted to know more about dialysis and in Diagram 4 wanted to know about the Peer support services we offer.

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TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Diagram 1

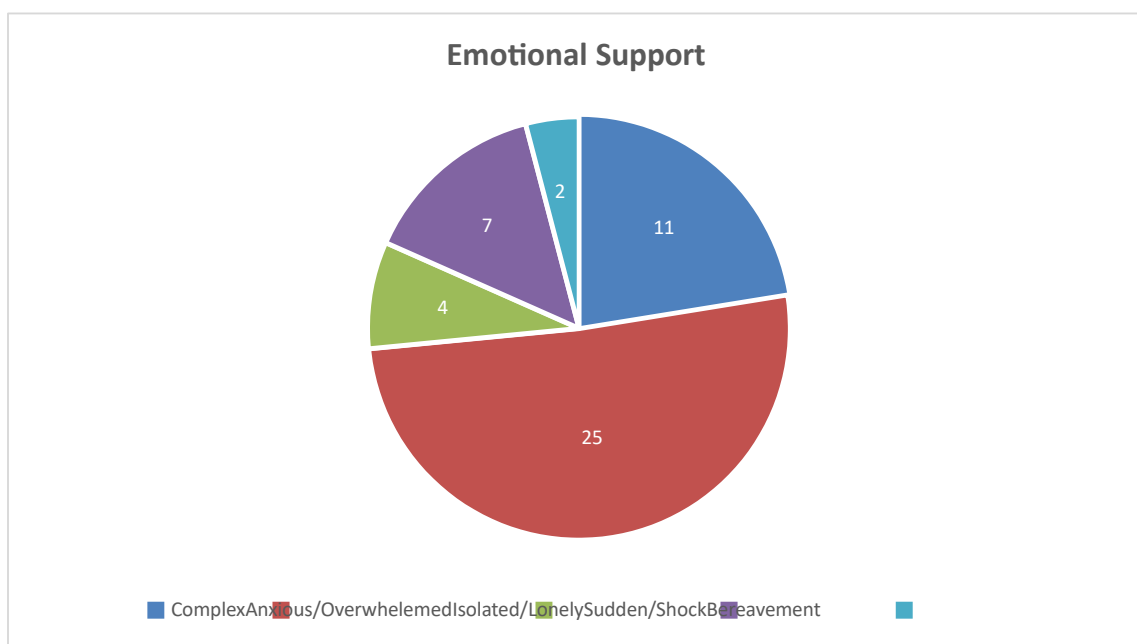
5th April 2024 to 4th April 2025 Peer Support Enquiries 98

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

2024 to 2025 Peer Support Enquiries 98

All wanted to talk to someone who understands

Diagram 2



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FOR THE YEAR ENDED 4TH APRIL 2024

Diagram 3

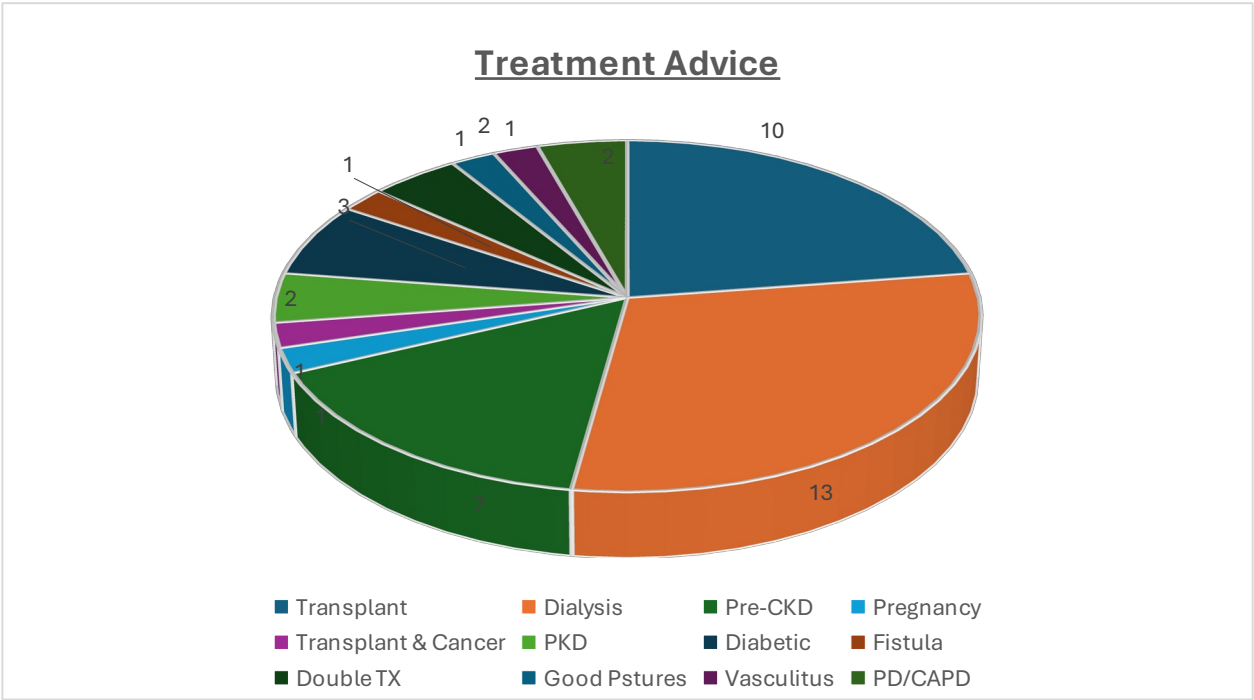
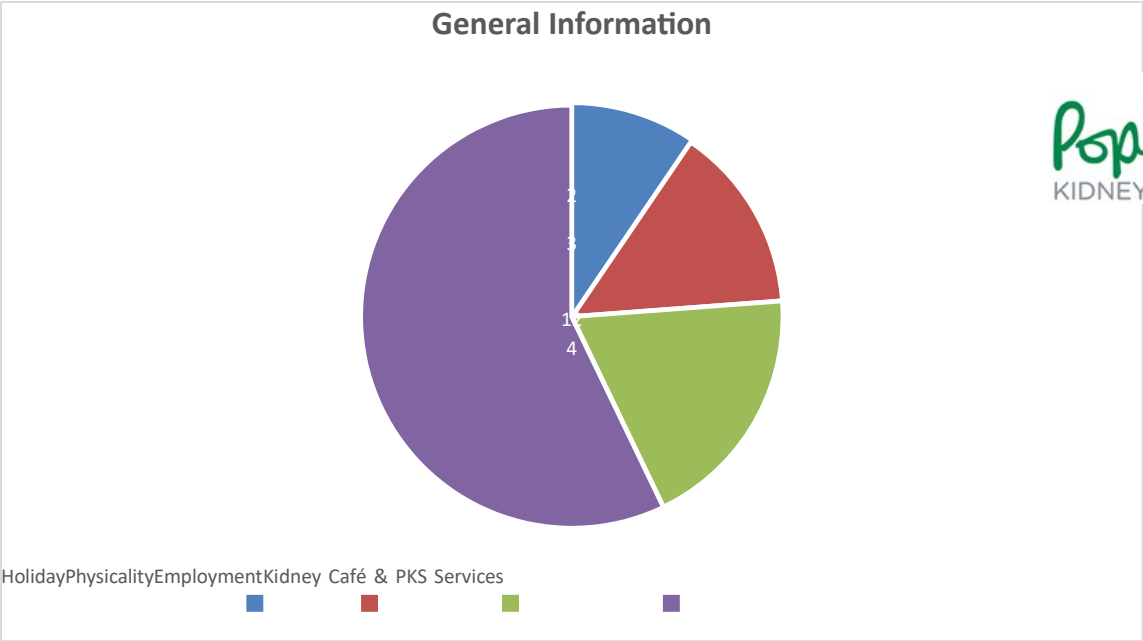


Diagram 4



POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Outcomes

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

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

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

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

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



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TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

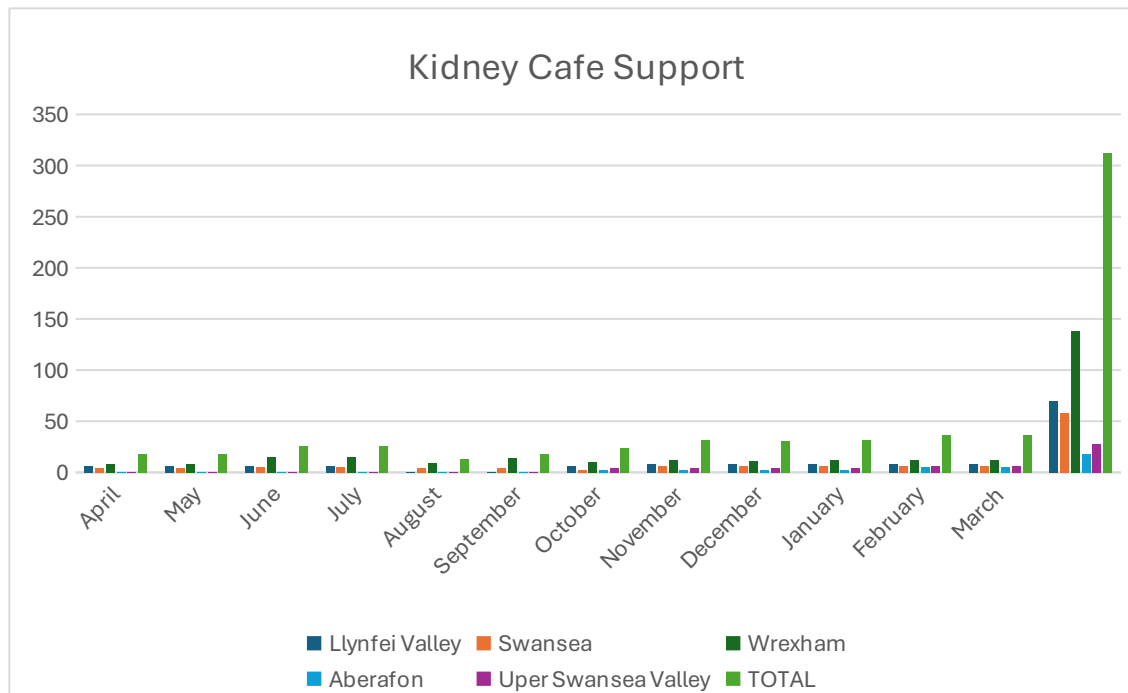
Other outcome recorded with general conversations with our Patient Services Coordinator and Peer Mentor:

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

Kidney Café

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

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



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FOR THE YEAR ENDED 4TH APRIL 2024

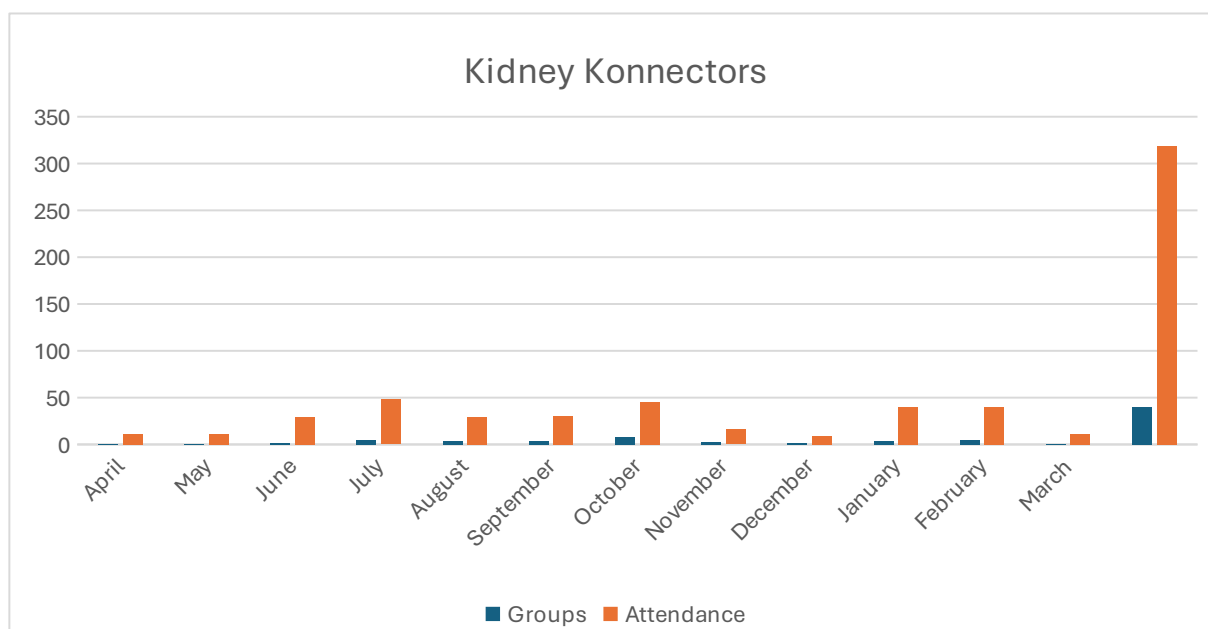
Kidney Konnectors

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

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

We have supported the following:

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



E4H

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

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

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

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FOR THE YEAR ENDED 4TH APRIL 2024

The group activities for 24/25 were:

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



Total virtual miles covered by the group April 24 to April 25 are 7000 miles The group also met up in-person for a walk in Swansea

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

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



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

Kidney Crafters

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

During this year:

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



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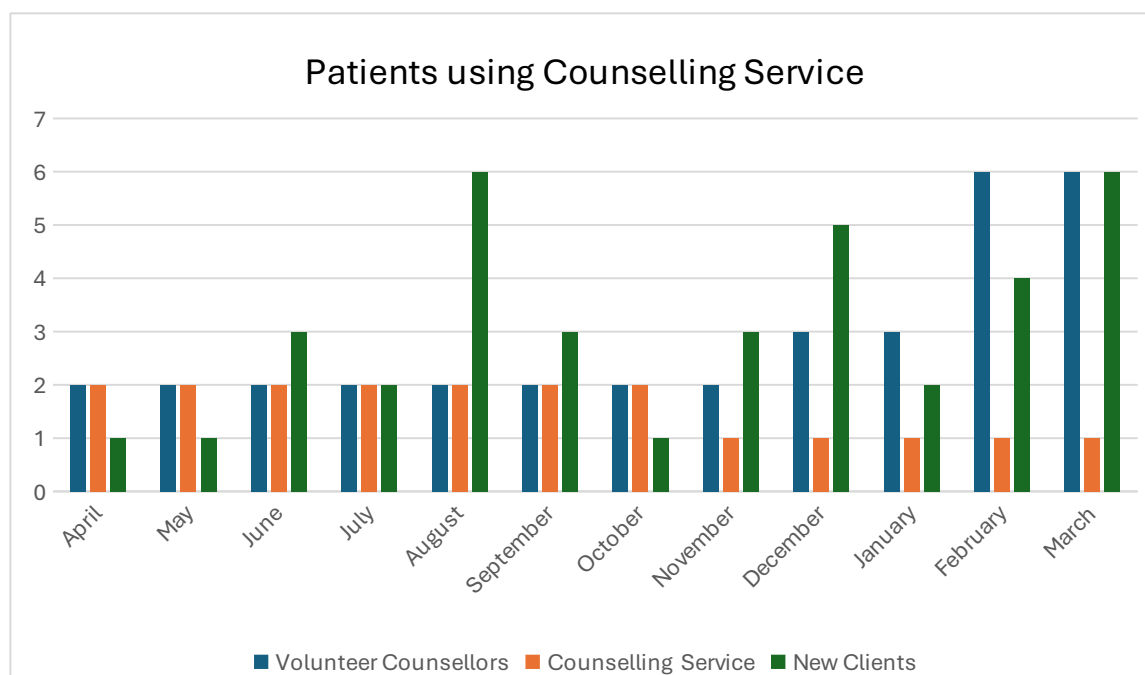
FOR THE YEAR ENDED 4TH APRIL 2024

Counselling Service

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

Graph 4 indicates our counselor numbers and client numbers throughout the year. Graph 5 details the outcomes.

Graph 4



Outcomes

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

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

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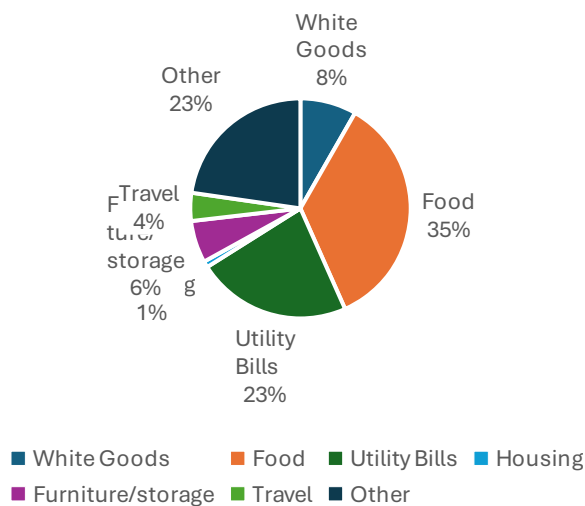
Our guidelines are for our clients' psychological distress to lessen within 6 sessions, and for sessions to continue until our clients' psychological distress is reported as mild to healthy.

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

Patient Grants

April 24 to April 25, we received 45 applications, declined 2 and supported 43. The total value provided on Patient Grants was £8,488.08. Our patient grant value is £150 and can exceed this in exceptional circumstances. At the end of this year our average grant stands at £197 and will be reviewed for 25/26. We work with various partners such as step change, Trussell trust and British Gas Trust. This year in addition we worked with eh Hospital Saturday Fund this year to provide support to our community who need mobility aids.

% Patient Grants by category



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TRUSTEE'S REPORT FOR THE YEAR ENDED 4TH APRIL 2024

Collaborative Projects

Cook & Dine

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

Another Cook and Dine session was held at The Village Hotel, Swansea. Approximately twenty-one people attended and they all agreed they enjoyed it and got a lot of information from the event.



Transplant Games

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



POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Children & Youth Services

Wellbeing Projects

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

A huge thank you to the amazing play workers from the Kidney Centre and the team at Odeon for making it such a magical and memorable day for everyone. It was truly special to see so many smiles and families enjoying this time together.

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



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Transition Group

Supporting Children & Young Adults moving into Adult Services.

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

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

In addition, other activities were introduced:

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

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Looking ahead, our focus is on embedding a clear strategy to run alongside wellbeing groups - one that promotes positive engagement and long-term support. This includes working with Peer Mentor to develop key skills, attending young adult units and clinics to build relationships with patients and families, participating in support groups to ensure visibility and accessibility, and organising family days out to foster trust and connection. Additional plans involve creating blogs to highlight domestic challenges faced by families affected by disability and collaborating with partners to deliver meaningful projects that empower and support those living with CKD. This project is ongoing and evolving with a team of medical professionals who are not only purposefully managing their patient loads but also fostering a philosophical approach to their practice to meet the unique needs of their patients.

Acorn by Synergie

Supporting Young People with CKD into Meaningful Employment

In 2024, we launched an exciting collaboration with Acorn Recruitment to develop a tailored employability initiative for young people living with Chronic Kidney Disease (CKD). Many of these individuals face extensive and life-altering treatment routines that can make traditional employment models challenging. This partnership reimagines pathways into work by recognising and adapting to each young person's unique skill set, physical capabilities, and long-term health needs.

Together, we are creating opportunities that align with both their physical wellbeing and their life goals - empowering them to re-engage with the world of work in a way that is sustainable, fulfilling, and rooted in possibility. This innovative approach aims not only to boost confidence and independence but to lay the groundwork for a future where young people with CKD are seen for their potential, not their limitations.

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

Kidney Cross Party Group

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

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

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

In the first year there were three meetings.

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

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

Develop the Peer Support Steering Group to report developments to the relevant bodies Build links and develop collaborative work with Primary Care

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

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

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

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

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

To find out more information and to join the group:

Write to: Joanne Popham, Secretariat, AWCPGKD or Mike Hedges MS, Chair AWCPGKD All contact information visit: <https://pophamkidneysupport.org.uk/contact-us/>

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

POPHAM KIDNEY SUPPORT
TRUSTEE'S REPORT
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Patient Statistics

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

POPHAM KIDNEY SUPPORT

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Awareness



Raising awareness at Y Farchnad in the Senedd

We were thrilled to attend Y Farchnad on Tuesday, 18th February - a fantastic event that brings together voices from across Wales to the Senedd each month. Open to the public, the event provided a great opportunity for us to connect with individuals, raise awareness of kidney disease, and share the support services we offer, ahead of World Kidney Day on March 13th.

Our team - Ceri, Geraint, and one of our excellent Peer Mentor, Nigel Butler- were based in the main Senedd building, speaking to attendees about our Peer mentor service, Kidney Cafés, and counselling.

Events like this are so important for us as a charity, allowing us to reach more people, provide vital information, and ensure those affected by kidney disease know they're not alone.

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

Geraint, our Patient Support Coordinator, said:

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

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



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Proud to attend the ADPKD Information and Support Day

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

PKD Charity, Kidney Wales and Popham Kidney Support were there to provide helpful information and leaflets about support options. Geraint John, our brilliant Patient Services Coordinator and Brenda Board, and Ali Salter, two of our inspiring Popham Peer Mentor, represented our charity and sparked interest in our 'Exercise for Health' as well as our Kidney Cafes.

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

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

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

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

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



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Orange for October

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

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

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

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

Claire Popham, our Children & Youth Officer, said:

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

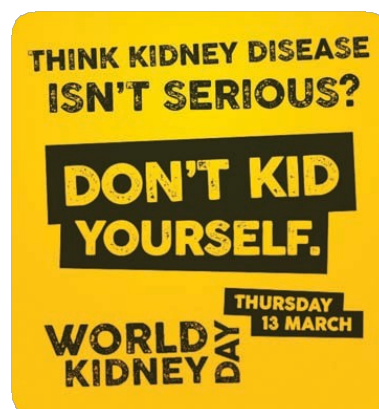
Our goal is to encourage CKD patients to reintroduce oranges and other orange-coloured foods into their diets in moderation. As always, be mindful of any allergies when trying new foods.

Kidney Charities Together KCT

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

World Kidney Day in the UK is coordinated by the Kidney Charities Together Group, which includes Kidney Care UK, Kidney Research UK, Kidney Wales, the National Kidney Federation, the PKD Charity, Popham Kidney Support, and the UK Kidney Association. The World Kidney Day 2025 #DontKidYourself campaign took place on Thursday

13 March. The aim of the 'don't kid yourself' campaign was to bust the myths that that kidney disease is not just caused by lifestyle choices; that not many people are affected; and that transplant is a cure. Sadly, many people with kidney disease suffer in silence, battling stigma, isolation, financial struggles, and limited work opportunities. Despite the severity of its impact, kidney disease research remains underfunded, resulting in limited treatment options, and far too many without the support they need.



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Fundraising

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

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

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



Grant Funding

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

National Lottery People & Places 5-year grant

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

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

POPHAM KIDNEY SUPPORT

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National Lottery Awards for All 2-year grant

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

Swansea University & Health Board

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

Moondance

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

Postcode Community Fund

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

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



Hospital Saturday Fund

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

Albert Hunt Trust

We received £5000 in support of our Counselling Service

BAVO

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

West Glamorgan Capital Fund

Awarded Minor Projects funding in 2024-25

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Community Funding

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

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

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

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

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

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

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

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

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

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

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



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Paul Popham Running Club

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



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FOR THE YEAR ENDED 4TH APRIL 2024



Fundraising Ball

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

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

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

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

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

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

POPHAM KIDNEY SUPPORT

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FOR THE YEAR ENDED 4TH APRIL 2024

Cwmtwrch Rugby Club

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

Here at Popham Kidney Support, we're absolutely over the moon to celebrate a huge milestone - all thanks to the amazing fundraising efforts of Cwmtwrch Rugby Club! Each year, the club selects a charity to receive proceeds from its fundraising events, and for 2024, we were honoured to be chosen as their Charity of the Year.

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

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

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

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

Then there's rugby player Steve Smith. Steve received a life-saving kidney transplant from his best friend, Kael Ace, and has since become a passionate advocate for kidney disease awareness and support. This deeply personal connection makes our partnership with Cwmtwrch RFC even more meaningful.



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FOR THE YEAR ENDED 4TH APRIL 2024

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



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

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

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

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

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

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

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

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

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

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

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FOR THE YEAR ENDED 4TH APRIL 2024

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

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

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

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

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



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

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

We are incredibly honored 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.

POPHAM KIDNEY SUPPORT

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Irene Jones raised £2000 for Popham Kidney Support!



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

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

Gorsgorch Show

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

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

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



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FOR THE YEAR ENDED 4TH APRIL 2024

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

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



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

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

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

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

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

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

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

We are immensely proud of these young champions and grateful for the community spirit that made this event so special. The dedication and enthusiasm from everyone involved truly showcased the strength and unity of our community within Swansea.

Events like this remind us of the positive impact we can have when we come together to support one another.



POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Other Fundraising throughout the year included:

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

Corporate Support

- John Morse Solicitors donate funds every year.

Brick Campaign

We launched our BRICK Campaign this year to raise money for the refurbishment of the Outpatients departments at the Children's Kidney Centre, Cardiff. With the support of many who have been touched by the Children's Kidney Centre we have reached £70,000 with another

£72,000 to go. We are hoping our Brick Campaign will help us achieve this.

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

- We had 180 bricks available - now 165
- Businesses or individuals can purchase a brick for an annual cost of £250, £350 or £500. After 2 years they will have the opportunity to renew
- Logos or names will be printed onto a high quality, brushed gold, silver or bronze brick
- The brick will also be added to a virtual wall on our website with links to organisations website.

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

The Construction Club of Swansea raised £3,000

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

The Construction Club committee are:

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



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

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



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

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

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

FINANCIAL REVIEW

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

FUTURE

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

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

On the 23 January 2015, the Charity became a Charitable Incorporated Organisation. The Charity is governed by its CIO Foundation governing document. Trustees are appointed to the board through advertisement and referral from current trustees. Upon appointment to the board, Trustees receive an induction pack which contains documents such as our code of conduct, governing document, trustee guidance, prior year financial statements and budgets, and details of the Charity's strategy.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Number: 1160114 The legal name of the Charity is Popham Kidney Support. The legal structure of the Charity is that of CIO (Charitable Incorporated Organisation), registered under the Charity Commission in England & Wales and its governing document is a written constitution.

NOTES:

For further information on this impact report please contact:

Joanne Popham, CEO: joanne@pophamkidneysupport.org.uk

For Media Enquiries contact **Seren Global Media**: info@serenglobalmedia.com

www.facebook.com/paulpopham.fund

www.pophamkidneysupport.org.uk

enquiries@pophamkidneysupport.org.uk



POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Staff

At the end of the April 2025 consisted of:

- CEO
- Peer Support Officer
- Children & Youth Officer
- Finance Officer
- Peer Support Co-Ordinator
- Patient Services Co-Ordinator
- Administration Assistant

TRUSTEES

All Trustees who served during the year, or between the year end and this report being approved, were individuals and are members of the Charity.

The Trustees who served in this reporting period were:

Ms L D Orton (Chair)
Mr R Sheffield (Vice Chair)
Mr J Turner
Dr A Mikhail
Mr Roger Hickman
Ms G Sheppard
Ms M Major
Ms K Loosmore
Ms L Howe (Appointed 18th May 2024)

Trustees shown above have served throughout the year, unless otherwise stated.

Approved by order of the board of trustees on 03/02/2026 and signed on its behalf by:



.....
Ms L D Orton - Chair

POPHAM KIDNEY SUPPORT

STATEMENT OF TRUSTEE RESPONSIBILITIES

FOR THE YEAR ENDED 4TH APRIL 2025

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the Charity and financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

POPHAM KIDNEY SUPPORT
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
FOR THE YEAR ENDED 4TH APRIL 2025

Independent examiner's report to the trustees of Popham Kidney Support

I report to the trustees on my examination of the financial statements of Popham Kidney Support (the Charity) for the year ended 4th April 2025.

Responsibilities and basis of report

As the trustees of the Charity, you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ("the Act").

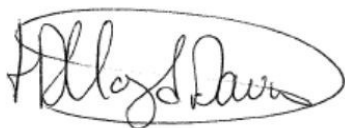
I report in respect of my examination of the Charity's financial statements carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Henry Lloyd Davies

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date: 03/02/2026

POPHAM KIDNEY SUPPORT
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
FOR THE YEAR ENDED 4TH APRIL 2025



POPHAM KIDNEY SUPPORT

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 4TH APRIL 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Notes							
Income from:							
Donations and legacies	3	20,985	-	20,985	5,070	-	5,070
Charitable activities	4	150,216	37,048	187,264	-	149,058	149,058
Other trading activities	5	41,781	-	41,781	42,606	-	42,606
Bank Interest		-	-	-	1,004	-	1,004
Total income		212,982	37,048	250,030	48,680	149,058	197,738
Expenditure on:							
Charitable activities	6	211,377	26,221	237,598	34,233	172,971	207,204
Net income/(expenditure) for the year/ Net movement in funds							
		1,605	10,827	12,432	14,447	(23,913)	(9,466)
Fund balances at 4 th May 2024		65,839	8,971	74,810	51,392	32,884	84,276
Fund balances at 4 th April 2025		67,444	19,798	87,242	65,839	8,971	74,810

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

POPHAM KIDNEY SUPPORT

BALANCE SHEET AS AT 4TH APRIL 2025

		2025		2024	
	Notes	£	£	£	£
Current assets					
Debtors		-		-	
Cash at bank and in hand		100,028		87,596	
		100,028		87,596	
Creditors: amounts falling due within one year 8					
		13,922		12,786	
Net current assets/(liabilities)					
Income funds					
Restricted funds	9	19,798			8,971
Unrestricted funds		67,444			65,839
			87,242		74,810

The financial statements were approved by the Trustees on 03/02/2026.


Mr J Turner
Secretary


Ms L D Orton
Chair

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4TH APRIL 2025

1 ACCOUNTING POLICIES

Basis of preparation

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The accounts are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

Financial reporting standard 102- reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting and Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Critical accounting judgements and key sources of estimation uncertainty

The preparation of the financial statements required management to make judgements, estimates and assumptions that affect the application of policies and reported amounts of assets, liabilities, income, and expenses. The estimates and associated assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and various other factors that are believed to be reasonable under the circumstances, the results of which form the basis of making judgements about carrying values of asset and liabilities that are not readily apparent from other sources.

Actual results in the future may differ from these estimates.

Estimates and underlying assumptions are reviewed on an ongoing basis. The resulting accounting estimates are recognised in the period in which the estimate is revised and in any future periods affected.

Estimation uncertainty

The charity makes estimates and assumptions concerning the future. The resulting accounting estimates will, by definition, seldom equal the related actual results. Management consider there to be no estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4TH APRIL 2025

Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Incoming resources

All incoming resources are included on the Statement of Financial Position (SOFA) when the charity is legally entitled to the income after any performance conditions have been met, the amounts can be quantified with reasonable accuracy, and it is probable the income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation unless performance conditions require deferral of the amount.

Grants income is accounted for on an accruals basis and is shown in the financial statements when the Charity earns the unconditional right to the funds. Revenue grants are credited directly to the Statement of Financial Activities and capital grants are released over the life of the asset in line with the depreciation policy. Performance related grants are recognised to the extent that the Charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met.

The value of any voluntary help received is not included in the accounts but is described in the Trustees' annual report.

Events and sponsorship income is recognised on the date the event is held.

Interest receivable

Interest on funds held on deposits is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Resources expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on charitable activities includes all costs relating to the furtherance of the Charity's objectives as stated in the Trustees report and their associated support costs. Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Governance costs comprise all costs involving public accountability of the Charity and its compliance with regulation and good practice.

There has been no offsetting of assets and liabilities, or income and expenses.

POPHAM KIDNEY SUPPORT
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 4TH APRIL 2025

Taxation

The charity is exempt from Corporation Tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

Pension costs and other post-retirement benefits

The charity operates a defined benefit pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate. There is no past service deficit liability at the year end.

Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments held within a deposit or similar account with original maturities of three months or less.

Debtors

Trade and other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any discounts due.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any discounts due.

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4TH APRIL 2025

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.



Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 4th April 2025, nor the year ended 4th May 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 4th April 2025, nor the year ended 4th April 2024.

3 DONATIONS AND LEGACIES

	Unrestricted Funds	Unrestricted Funds
	2025	2024
	£	£
Donations and gifts	20,285	5,070
Legacies	700	-

POPHAM KIDNEY SUPPORT
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 4TH APRIL 2025

4 CHARITABLE ACTIVITIES

	2025	2024
	£	£
Grants	174,029	149,058
Other income	6,317	-
Gift Aid	6,917	-
	187,264	149,058
Analysis by fund:		
Unrestricted funds	150,216	-
Restricted funds	37,048	149,058
	187,264	149,058
 Grants	 2025	 2024
	£	£
Awards for All	19,875	-
The Albert Hunt Trust	5,000	-
The Hospital Saturday Fund	10,553	-
Postcode Community Trust	25,000	-
Groundwork	-	500
The National Lottery, People and Places, Medium Grant	83,268	120,772
The Moondance Foundation	-	12,000
Swansea University	8,463	7,034
CDF & Vale ULHB	1,000	8,752
YouGov Plc	100	-
NHS Cook & Dine	460	-
Lloyds Bank Foundation	2,000	-
Global	17,250	-
BAVO	860	-
CAF	200	-
 TOTAL	 174,029	 149,058

POPHAM KIDNEY SUPPORT
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 4TH APRIL 2025

5 OTHER TRADING ACTIVITIES

	Unrestricted Funds	Unrestricted Funds
	2025	2024
	£	£
Fundraising and events	41,781	42,606
Other trading activities	41,781	42,606

6 CHARITABLE ACTIVITIES

	2025	2024
	£	£
Staff costs	139,163	108,335
Printing, postage, stationery and telephone	5,340	5,959
Subscriptions	1,194	-
Sundry	278	1,795
Marketing and PR (inc. rebrand)	15,881	12,957
Website	-	430
Insurance	1,887	1,982
IT and office equipment	10,325	7,864
Event costs	14,073	20,689
Welfare and beneficiary	35,986	37,983
Training	-	26
Rent, heat and light	6,776	6,370
Repairs	55	-
Accountancy	6,597	1,591
Recruitment	-	1,223
Bank Charges	43	-
	237,599	207,204
Analysis by fund		
Unrestricted funds	211,378	34,233
Restricted funds	26,221	172,971

237,598

207,204

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 4TH APRIL 2025

7 EMPLOYEES

Number of employees

The average monthly number of employees during the year was:

	2025	2024
	6	5
Employment costs	2025	2024
	£	£
Wages and salaries	139,163	108,335

There were no employees who received remuneration and benefits totalling more than £60,000 during the period.

Key management personnel & related Party transactions

The Trustees are deemed to be the key management personnel of the Charity.

As stated above they were not remunerated during the period and there were no related party transactions in the period.

8 CREDITORS	2025	2024
	£	£
HMRC PAYE	10,821	9,685
Accruals	3,101	3,101
	13,922	12,786

9 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	2025	2025	2025	2024	2024	2024
	£	£	£	£	£	£
Current assets/ (Liabilities)	67,444	19,798	87,242	65,839	8,971	74,810

Accounts

REGISTERED CHARITY NUMBER: 1160114

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 4th APRIL 2024**

FOR

**POPHAM KIDNEY SUPPORT
(PREVIOUSLY KNOWN AS PAUL POPHAM
FUND, RENAL SUPPORT WALES)**

POPHAM KIDNEY SUPPORT
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FOR THE YEAR ENDED 4TH APRIL 2024

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POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

The trustees present their report with the financial statements for the year ended 4th April 2024.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

AIMS AND OBJECTIVES

Aims

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

Objectives

We achieve our aim through 5 clear objectives

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

Opening Statement

March 2023 saw the start of our 10-year celebrations with a SPRING BALL. It was an honour to look back over the last 10 years and to see how far the charity had come. From starting off in March 2013 with the sole aim of supporting Morriston Renal Unit, to becoming a registered charity in 2015, launching the then befriending Service with 4 volunteer befrienders, to be renamed Popham Kidney Support in 2021, renaming the Befriending Service to be called Popham Peer Support Service with a team of 20 plus Popham Peer Mentors providing one to one support, group support through kidney cafés, activity support through an Exercise for Health programme and a Kidney Crafters group, and providing education through our Kidney Connectors, plus offering patient grants, counselling and supporting Children & Youths. In June 2023 the Charity received Investors in Volunteer status and were able to celebrate this success with our volunteers in June during Volunteers Week.

The year started with celebrations and ended with growth for the charity and more sadness for the Popham family. It was with great sadness that Paul Popham's wife and the mother of our CEO, Cheryl Ann Popham sadly passed away on the 27th February 2024. It was a tough start to 2024 for the family. Our CEO and the Popham family took comfort in the fact Paul and Cheryl are together again.

The legacy and spirit of Paul and Cheryl lives on through the charity, our CEO, Staff, Volunteer Team and The Board.

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

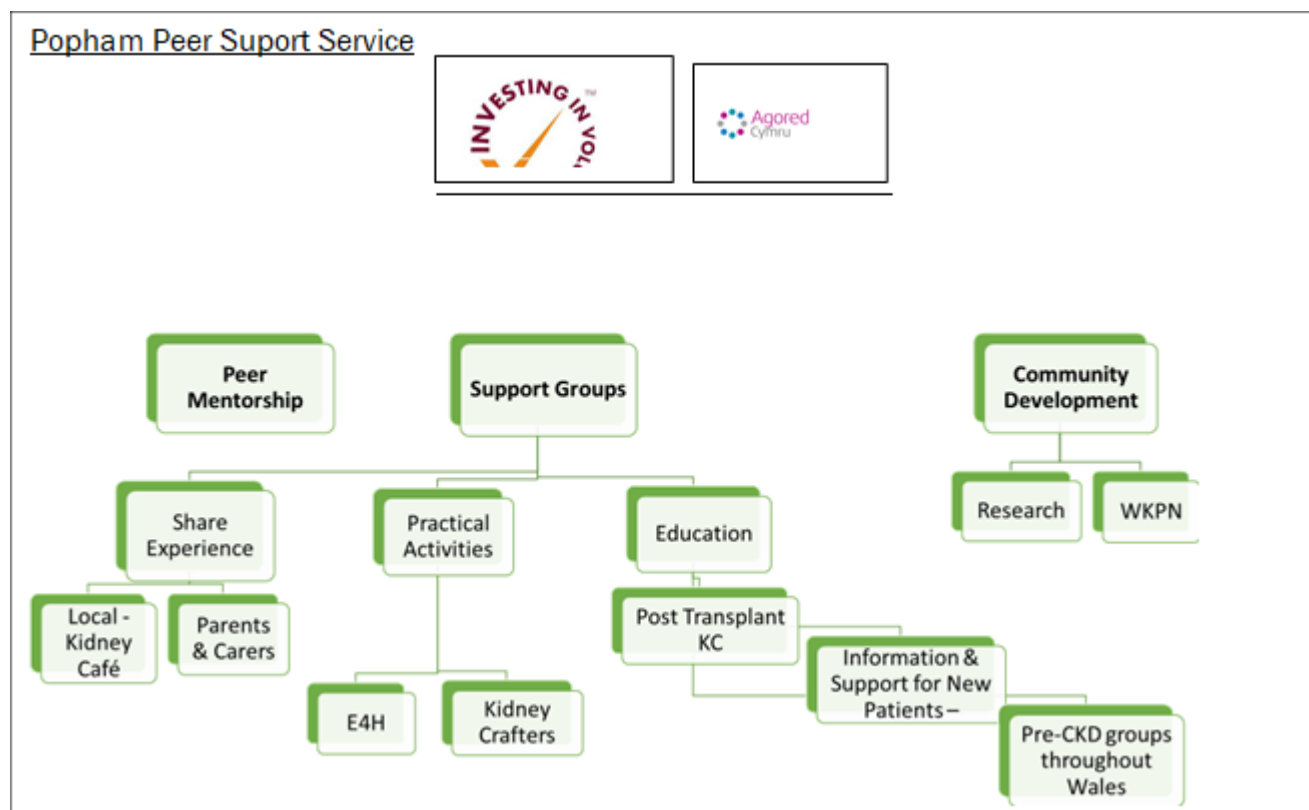
FOR THE YEAR ENDED 4TH APRIL 2024

ACTIVITIES AND ACHIEVEMENTS

Popham Peer Support Service – Our Flagship Service

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

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



In February 2023 we were awarded a 5-year grant from the National Lottery, People & Places, to develop the Peer Support Service throughout Wales. Our goals for this grant over the 5 years are to:

1. Alleviate fears of over 1200 patients, improving their self-esteem, decreasing loneliness and isolation.
2. Recruit, train, and maintain over 120 volunteers to provide better opportunities and develop their skills.
3. Provide holistic services, led by patients for patients, improving physical and emotional wellbeing and improving knowledge of over five thousand patients.
4. Provide an on-line community to over 16,000 patients, to access educational tools and services available to them facilitated by our peer mentors.

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Over the first year and the course of this financial year, we have developed the service in-line with our 5 year aims.

Our Peer Support Manager (PSM) has collaborated with the team to develop the Kidney Café initiative throughout Wales. The PSM worked with a group of Popham Peer Mentors (PPM) and our Sessional Psychologist to develop a group facilitation training course, recruited four volunteers to establish two new Kidney Cafés alongside an established one in Llynfi Valley. New Kidney Cafes were established in Wrexham and Swansea. Our PSM has developed a Kidney Café toolkit with the support of the group facilitators to help establish Kidney Cafés in all geographical areas where our community lives.

With the support of a new Administration Assistant (also a patient who started with the Charity as a Volunteer Peer Mentor) our Patient Services Co-ordinator (PSC) started to talk to the Virtual Exercise for Health Group members about taking the group to become an in-person group. A walking group commenced in February 2024 in Swansea with the aim to develop others throughout Wales, working with Freedom Leisure facilities and the members of the virtual group.

With the help of PPMs our PSM re-branded our Educational Kidney Cafés which were specifically set-up to educate new patients and post-transplant patients on treatment choices, lifestyle choices, diet, medication, and wellbeing. Our Charity works with NHS Colleagues to facilitate these groups, where our PPMs are normally guest speakers, to educate the group on their lived experience and answer any questions the group may have. These are now called Kidney Konnectors.

During this year we achieved Investors in Volunteers, and we were nominated for the Kings Award for Voluntary Services. We will find out the result of the nomination on the King's Birthday, 14th November 2024. We attended UK Kidney Week and presented our Peer Support Service. As a result, we have received calls from other centres throughout the UK asking for advice and help to support their patients and develop the service.

Due to the increasing demand for the service, and to continue to develop our service and achieve our 5-year outcomes, we have re-structured the operational team. We recruited a Peer Support Co-ordinator to take over the PSM's role, moving the Administration Assistant into this new role. The PSM now manages the team, overseeing the service to ensure we are recruiting, training, and supporting our volunteers, and overseeing the patient services to ensure the patient is receiving the support they need.

To develop and support the PPMs we are now organizing quarterly Volunteer Education, Development and Networking Days, which coincide with our Trustees Quarterly Board meeting. The Trustees join the Volunteers at the end of their session to learn about their work and network with them over lunch.

The PPM and PSC also organise monthly supervision sessions to support the PPMs with their peer mentorship and the PSC co-ordinates regional catchups with the PPMs to discover what services and needs there are in their areas, constantly learning from each other.

Moving forward alongside the Peer Support Steering Group the Board of Trustees are developing a Services Governance Group to audit the service. We are also planning to evaluate the service to establish the number of sessions a Peer Mentorship should take as a guide, and research what service the patient should have access to after the sessions have ended, whether that is signposting to external service providers, or developing an internal 'Befriending Service.' We have recognised that some of our PMs have been supporting Peer Mentees for over 12 months, some over 2 years. We are keen to evaluate whether this is Peer Support or Befriending and how we manage the change.

It has been a great start to our 5-year funding strategy, with lots of exciting plans to develop the service in Year 2 and onwards.

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Volunteer Peer Mentors

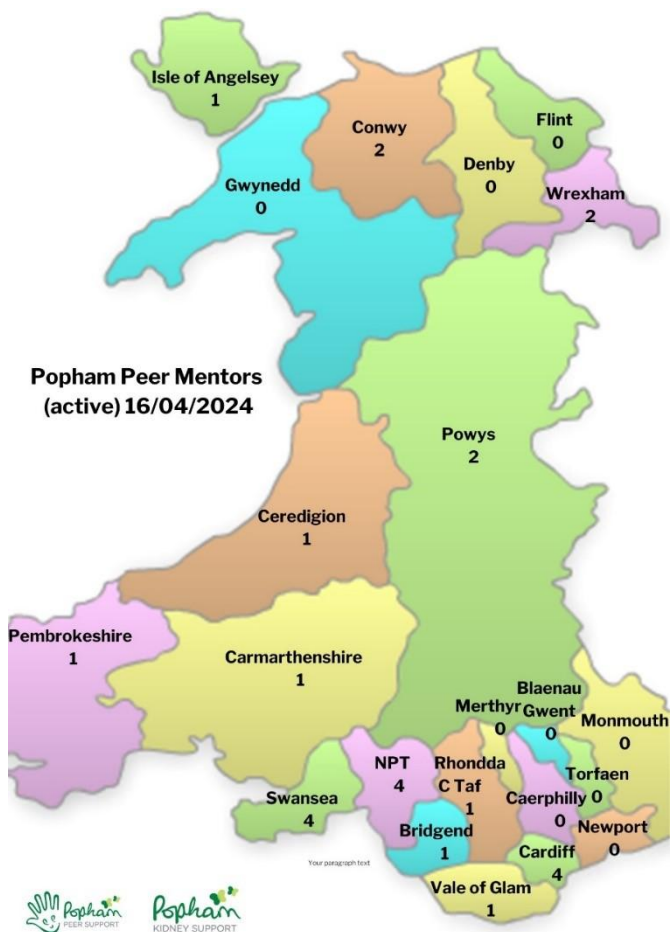
At the end of the financial year May 2023 to April 2024 we have 25 Popham Peer Mentors: 14 Volunteer Peer Mentors in Swansea, 6 in Cardiff, and 5 in North Wales.

<u>2023 to 2024 Active Peer Mentors</u>			
Patient	21	18 to 30	0
Carer	4	31 to 40	3
		41 to 50	6
In Centre Dialysis	2	51 to 60	6
Home Hemodialysis	2	61 plus	10
Transplant	13		
Swansea	14		
Cardiff	6		
North Wales	5		
<u>2022 to 2023 Treatment Experience of 13 Transplant Volunteers</u>			
In Centre Dialysis	5	Peritoneal Dialysis	1
Home Hemodialysis	2	Assisted Peritoneal Dialysis	0
Nocturnal Dialysis	1	Cancer	1

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024



Peer Support Enquiries – One to One Peer Support

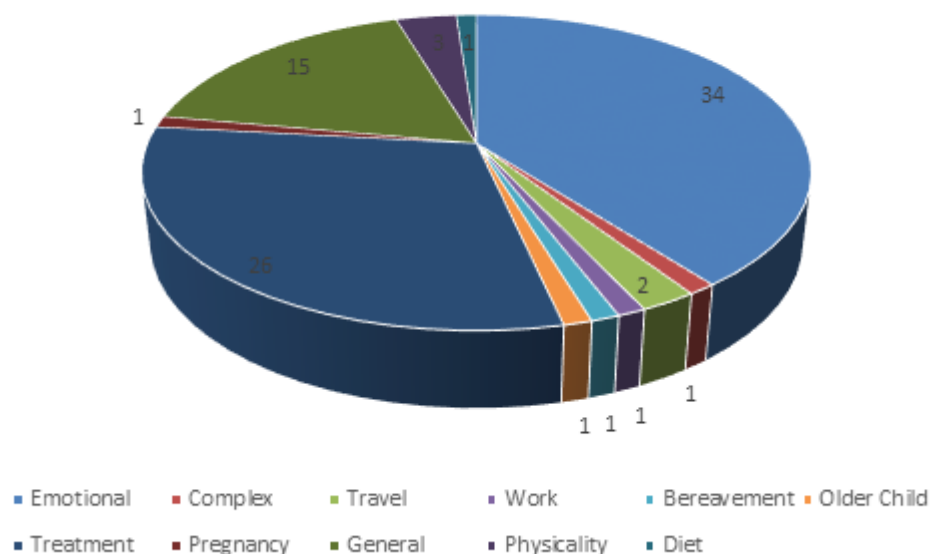
May 2023 to April 2024 Peer Support Enquiries 86			
Emotional Support - Feeling lonely, anxious, not coping	34	Treatment Advice – dialysis, fistula, PD, HD, Nocturnal, Diabetes, Pancreatis transplant and kidney, unit, procedures	26
Complex	1	Pregnancy	1
Travel	2	General	8
Work	1	Physicality	3
Bereavement	1	Diet	1
Older Child Not Coping with parent diagnosis	1		

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

2023 to 2024 Peer Support Enquiries 86



2023 to 2024 Ongoing Support & signposted to other services

Financial Support	11	Counselling Services	8
Exercise for Health	3	On-Going Support From a Peer Mentor	8
Post Transplant kidney Café	3	Advocacy	1
Kidney Café Information & Advice	4	Swansea Carers	1
Dietician	2	KCUK	2

Group Support – Kidney Café

At the end of our financial year, we had 3 Kidney Cafés in Wrexham, Swansea and Llynfi Valley. with another one in Glan Clwyd in development. Each group is facilitated by a Lead Group Facilitator and supported by a Deputy Group Facilitator. The group facilitators are Popham Peer Mentors and receive group facilitation training. They find the venue, organise the agenda and run the group; we support them to evaluate and co-ordinate the marketing of the Kidney Café and fund any venue hire and refreshments. Each is unique to the area and the attendees' requirements. Llynfi Valley was our first Kidney Café, established in 2019, Swansea was established in May 2023, and Wrexham in February 2024.

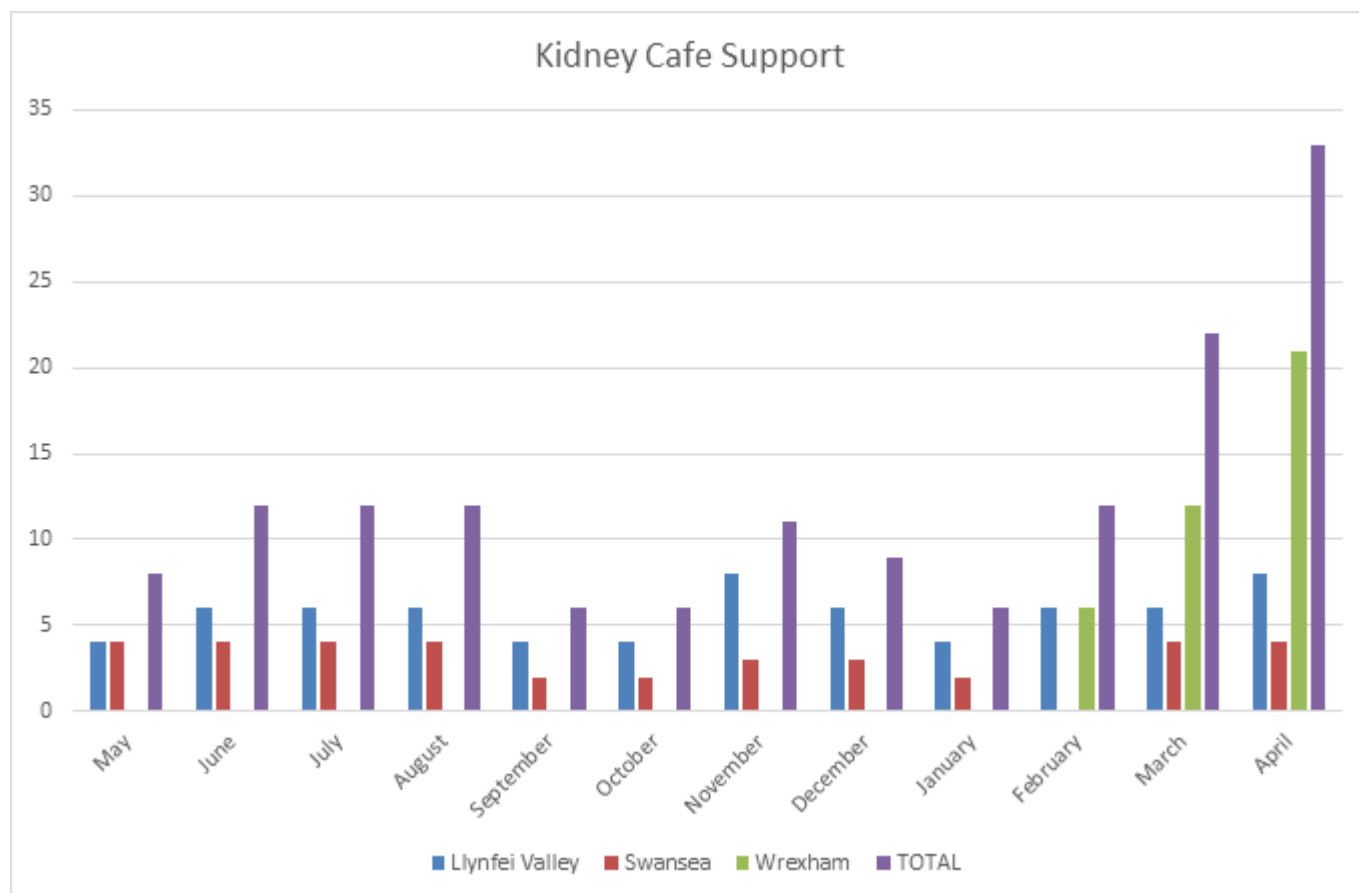
- Llynfi Valley is run out of a Wetherspoons Pub
- Swansea is run out of our office.
- Wrexham is run out of a Community Coffee Shop

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Each Kidney Café takes place monthly, and we try and ensure the days alternate, so that any patient can attend any other kidney café in different areas at any time.



Information or Education Support – Kidney Konnectors

We work with our NHS colleagues in North Wales, Cardiff, and Swansea to facilitate Educational Support Groups for new patients and transplant patients. Some groups are organised by our NHS colleagues, and we help with marketing and providing a Popham Peer Mentor to present to the group; some are facilitated entirely by our Charity, with input from NHS colleagues with educational material.

Facilitated by us.

- CKD Kidney Konnectors, Swansea
- CKD Kidney Konnectors, Narberth
- Post Transplant Kidney Konnectors – Swansea & Cardiff

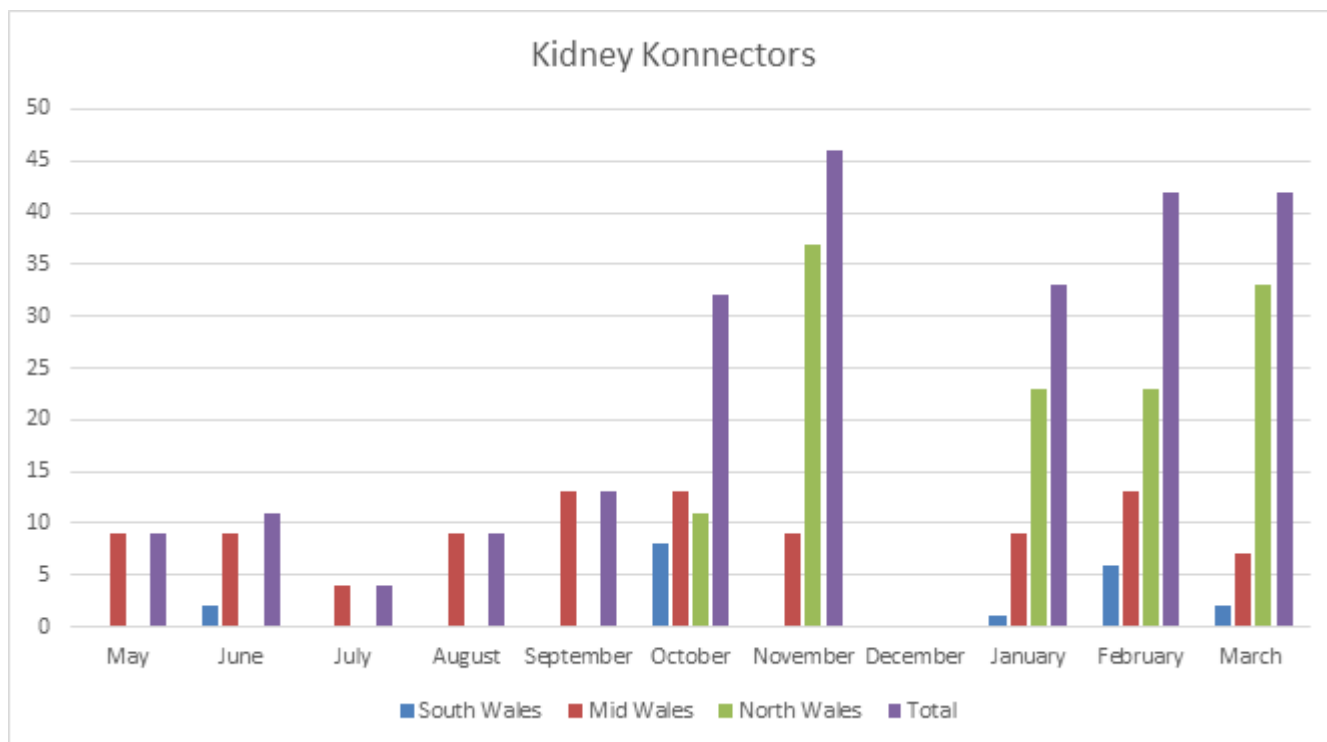
Facilitated by our NHS Colleagues

- CKD Support Group – Cardiff
- Low Clinic North Wales

POPHAM KIDNEY SUPPORT

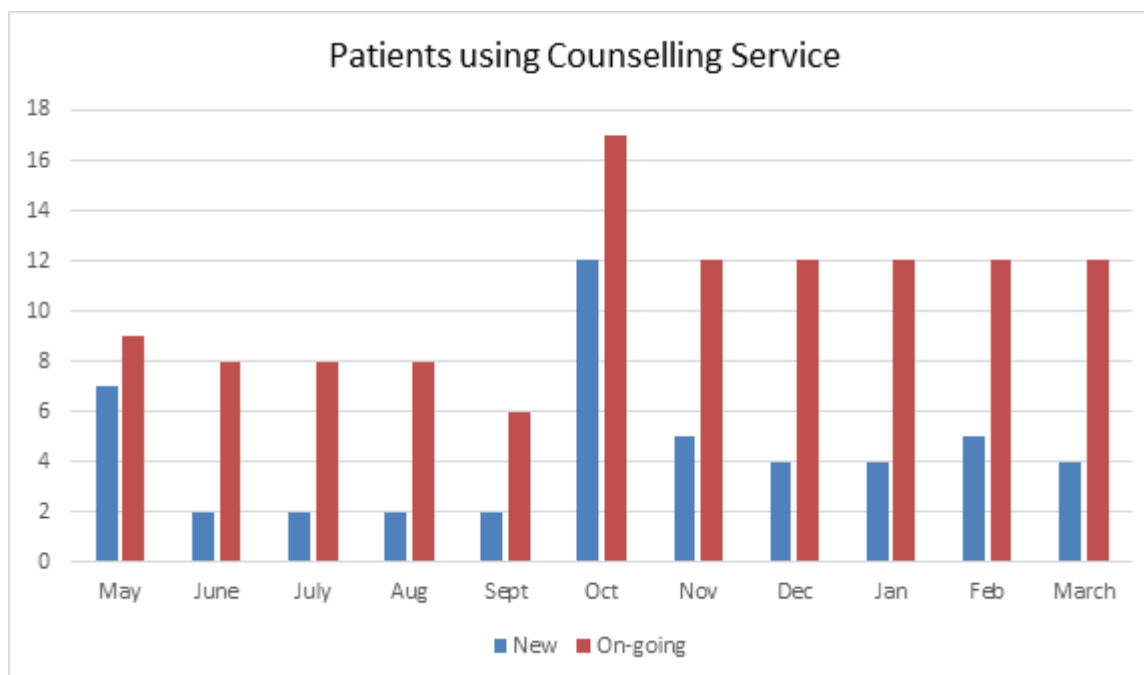
TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024



Counselling Service

Our counselling service is supported by four counsellors, two volunteers and two as a paid for service. Our counsellors supported:



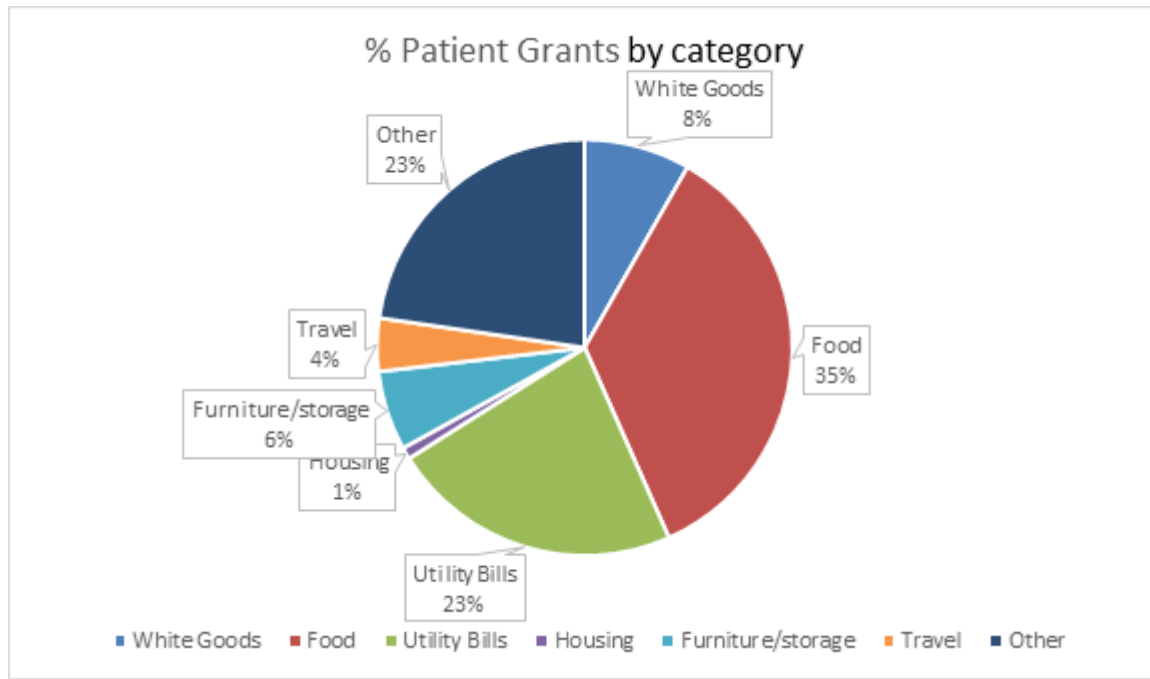
POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Patient Grants

We funded 50 Patient Grants to a total value of £7846.39, with an average of £156.93 per grant.



Community Support – Welsh Kidney Patient Network

During the previous year we supported the set-up of this Patient Representative Group which is now called the Welsh Kidney Patient Network. The aim of this group is to review service development, we are part of the group and support its continued development. Our volunteers are very much part of the group. The group has 4 Popham Peer Mentors that met twice during this financial year. One meeting was to review and discuss the new Patient Portal – Patient Knows Best. We created a Webinar around this subject to update our community about the new system and how it works.

General Information & Online Community

Our 5-year outcome to provide an on-line community to over 16000 patients is a work-in-progress. Our aim is to have an educational and support hub on-line where our Kidney Community in Wales can access information and support in one place.

Currently we have four on-line support groups. These are closed support groups on our Charity's Facebook page where people affected by kidney disease can request advice and information from the Charity and each other. We have:

- Parents & Carers
- Post Transplant
- Home Therapies
- New Patients

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Our aim over the next 3 to 5 years is to develop these into the on-line educational and support hub - together with the signposting information we provide, such as our referral partners: StepChange for debt advice; Trussell Trust, Foodbanks - where patients can access information on-line and post questions to a closed forum.

In support of this development, we are recruiting Peer Support Champions who will:

- raise awareness of the service within the NHS;
- support the steering group;
- support the on-line hub with health-related advice.

As part of this development, we have and are:

- Creating informational leaflets on topics such as diet
- Creating a Quarterly Newsletter

We originally provided a KIDS Newsletter for families that attend the Children Kidney Centre. This started during COVID, in the same way that the COVID-19 Newsletter had been established, to disseminate information about COVID and services available. During 2022/2023 we produced one collaborative COVID-19 Newsletter. We therefore decided to explore whether we should produce our own newsletter/magazine. In 2023 we created a Marketing Consortium - made up of our suppliers who provide marketing services for our Charity - to have more of a joint strategic approach. This Consortium comprises of our Public Relations and social media providers, our Graphic Designer and Web Developer. This group supported the development of our first newsletter with the advice, feedback, and involvement of our community through focus groups and surveys. Popham Kidney Chronicle provides information for our kidney community and supporters on services available, and how our supporters helped support our community.



- Developing Webinars:
Patient Knows Best was the last one we developed.
Online seminar for kidney patients – April 2023
<http://kidneypatientconference.wales/>

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

- Developing Q&A's

In 2023 we ran a Vascular Access Q&A with the Vascular Access Team in Cardiff & Vale Health Board and a Volunteer Peer Mentor. This was accessible to their patient population helping them to understand the reason for vascular access, the ways that it could be completed and support with myth busting.

https://pophamkidneysupport.org.uk/wp-content/uploads/2022/05/Vascular-Access-QA.mp4?_=1



- Signposting to other services and Social Prescribing as mentioned above, to organizations such as Step Change and Trussel Trust.

Our aim over the next 3 to 5 years is to develop these into the on-line educational and support hub -together with the signposting information we provide, such as our referral partners: StepChange for debt advice; Trussell Trust, Foodbanks - where patients can access information on-line and post questions to a closed forum.

In support of this development, we are recruiting Peer Support Champions who will: - raise awareness of the service within the NHS; will support the steering group; and will support the on-line hub with health-related advice.

Collaborative Projects

Cook & Dine

Cook & Dine is a collaborative project run by Swansea Bay University Health Board, Morriston Hospital, Renal Services. The project aims to demonstrate to people who dialyze in Swansea the benefits of a healthy kidney diet, by bringing them together, teaching them a recipe and how to cook it and then enjoying it together. The first event was in December 2023.



Kidney Cook and Dine event
December 2023

Kidney Charities Together KCT

The KCT communications group campaigns together as 'one voice' annually for World Kidney Day. The group effectively communicates the impact of kidney disease, highlighting the suffering caused, and educating the public about the vital role kidneys play in overall health. The group is made up of the following charities - Kidney Care UK, Kidney Research UK, Kidney Wales, National Kidney Federation, Polycystic Kidney Disease, Popham Kidney Support, and the UK Kidney Association.

<https://www.worldkidneyday.co.uk/>

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Children & Youth Services

Wellbeing Projects

Since 2016, we have been taking children with kidney disease and their families to see a show at Christmas. In 2023 we took them to see Aladdin in the Welsh Millennium Centre, we had lunch in Nandos, Cardiff Bay and enjoyed the West End Musical. We were able to take 50 to see the show. It is a way of families enjoying some family time while meeting others like them in a relaxed social setting.



Parent & Carers Future Plans

Our Parents & Carers Kidney Café had been an initiative that started pre-Covid. During Covid it went on-line. In 2023 we incorporated it with our new Transition & Youth Programme which we piloted in September 2023. While children with kidney disease attended a workshop style education program we put on our Parents & Carers Kidney Café so they too could gain support, in total during the 3 TYP Sessions 14 Parents attended.

Transition Group

The Transition Youth Programme (TYP) is an education programme for children and young adults from 13 years of age and upwards with kidney disease. TYP is designed to equip the children and young adults with the knowledge, tools, and confidence to ease their way into adult services independently. The programme has been in development since early 2021. Between September to November 2023 we piloted the programme, running 1 of the 9 modules each month, followed by a social activity. The first one in September was 'The Future is Bright' – followed by bowling. The module covered in October was 'Wellbeing' followed by Art and in November the module covered was taking control of CKD followed by 'indoor climbing'. In total each session supported 6 children aged between 16 and 18 years of age. It was well received. In 2024 the plan is to hold 3 event days in the year where the children and youths can select to cover 3 modules in one event day, so by the end of the year they would have covered all 9 modules. In January 2024 we took on a Part-Time Children & Youth Officer to support the development of this Programme.

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Transition Youth Programme

Move to adult services with confidence

An 8-session program for children and youths from 13 to 18 years of age under the care of the Children's Kidney Centre, University Hospital Wales.

SESSION 1: The future is bright

Learning Objectives:

You can achieve what you want to achieve, there is support out there, we are here to troubleshoot, facilitate and help. You are not alone!

SESSION 2: Wellbeing

Learning Objectives:

To provide you with the coping mechanisms to improve your emotional wellbeing - to become resilient!



To find out more...

Call Children's Hospital for Wales, Cardiff on

02920 748 998

or email:

martha.dudbridge@wales.nhs.uk

SESSION 3: Take control of CKD

Learning Objectives:

- Understand your condition.
- What is Chronic Kidney Disease (CKD) and how it can manifest in different people.
- How to keep your kidney healthy: monitoring your fluid and salt intake and your medication and catheter.
- Empower you to lead consultations with your health care team and manage your medicines.
- To understand your medication, what it's called, what it does, its importance and how to monitor your medication and order it.
- How to manage your medication in certain situations such as: nights out; holidays; run out.
- How to sign up for Patient Knows Best (PKB).
- Preparing for leaving home (university, own place etc).

SESSION 4: Sexual health/Relationships

SESSION 5: Impact daily life/Family & treatment options

SESSION 6: Diet and the kidneys

SESSION 7: Peritoneal Dialysis (PD) & Haemodialysis (HD)

SESSION 8: Transplant



POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

PATIENT STATISTICS

Total Patients Supported	2023 to 2024	2022 to 2023
Peer Mentorship	86 (new)	121
Counselled	49 (new)	16
Kidney Café Support Groups	149	17
Kidney Konnectors / Kidney Café Information & Support	241	27
Q&A's	100	0
On-Line Groups	129	131
Grant Applications	50	53
Wellbeing Projects Funded	50	155
Covid-19 Newsletter	0	1,500
Patient Conference	21	60
Walking Group	62	45
Pediatric Social Worker	60	60
Kidney Crafters	4	4
Patient Representative Group	4	4
Kidney Chronicle	1,500	1,500
General Information Leaflets	1,000	1,500
TYP	18	
Parents & Carers	14	
Kidney Charities Together	6,000	
Cook & Dine	15	
TOTAL PATIENTS SUPPORTED	9,552	5,192
Direct Touches	736	477
Light Touches	2,801	3,155
Service Development		3,000
Collaborative Projects	6,015	1,560

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Operational Activity

Fundraising

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

Total raised in the financial year 2023 to 2024 was £197,738 which is a 25% increase on 2022 to 2023

- 75% Grant Funding
- 22% Community Fundraising
- 1% Corporate Support
- 1% Donations
- 1% Other

Cost To Run the Services

- Peer Support Services 29%
- Beneficiary Services 31%
- Running the Charity 40%
- Every £1 donated £0.60 to support children, youths and adults with kidney disease.
- Every £1 donated £0.40 goes to running the charity.

Grant Funding

We have been very fortunate to receive grant funding from regular funders, and this year new funders, to help our charity support people with kidney disease to have a better quality of life. Total Grant Funding equated to £149,058 which is 66% increase on 2022/23. Our National Lottery People & Places 5-year grant commenced in February 2023, in the financial year May 2023 to April 2024 this equated to £71,824. We received an additional of £48,948 from The National Lottery to provide support post covid which enabled us to recruit an Administration Assistant and cover our core costs for the year. We received an internship grant for student support from Swansea University and funding for collaborative work also from Swansea University. We received £12,000 from Moondance Foundation to support the development of our Children & Youth Services.

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Community Funding

March 2023 was the start of our 10th Year as a charity, we kick started the Annual Celebrations with a Spring Ball

- Kim Loosemore organises a Golf Day for the charity on an annual basis. This took place in July 2023 and raised £9,000, £2k more than in 2022.
- Kilometers for Kidneys was introduced for the first time in March/April 2021 and was a huge success with 93 entrants taking part in one of six walking challenges to suit all abilities. The 2nd Year was launched just at the end of this financial year.
- Our Fundraising Committee for the Children's Kidney Centre planned and coordinated various fundraising initiatives, including Rhoose Run with Fontygary Leisure Park.
- Seaview Primary School in Swansea organised a 5k run with their pupils.
- We organised an Offa's Dyke Hike a 50 mile walk along Offa's Dyke.
- We organised Wally's Way a football dinner with local legends
- We are lucky to have the support of the Paul Popham Running Club who raise funds for the charity year on year and despite the effects of the pandemic they still donated funds through various themes.
- Leigh Besley ran 12 Marathons in 12 months!



- Quiz night at The Eagle, Treboeth We are delighted to receive a donation of £500.



POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

- We were delighted to be named as one of four designated charities for Merched Y Mor.

We are delighted to be named the designated charity of

Merched Y Môr

4 Ladies, 1 Boat! Merched Y Môr are the first all Wales female crew to take on the world's toughest row... The Atlantic Challenge in 2025.



They will row 3,000 miles across the Atlantic Ocean, raising over £125,000 for charities and we, Popham Kidney Support are one of those charities. We can not thank this wonderful team of ladies enough and we will be following their journey over the coming weeks, months and years. If you would like to find out more and/or sponsor the team on this amazing adventure, please contact us on enquiries@pophamkidneysupport.org.uk or by visiting the Merched Y Môr website: www.merchedymor.wales



Denise
Merched Y Môr
crew member

Corporate Support

We are fortunate to gain corporate support from local and national companies who support us as charity of the year or one-off donations, thanks to Friends of The Charity: DWJ Wealth management, FAI Automotive (now called Motus), Swansea Business Society & John Morse Solicitors. In June 2023 we were chosen as the charity for UKKW which took place in The Celtic Manor, Newport. Admiral supported a Business Breakfast with Cardiff University, Business School to raise awareness of Corporate Responsibility hosted by Sian Lloyd and we joined forces with BNI.



Working with charities boosts employee engagement

On January 17th 2023, our CEO Joanne Popham was delighted to speak at Cardiff Business School's breakfast briefing, discussing the benefits of corporate social responsibility (CSR) for businesses and how working with and supporting charities can help.

The event was hosted by our ambassador, well-known journalist and presenter, Sian Lloyd, and James Cross, Head of Service at Admiral Household Claims, who spoke about Admiral's social commitment strategy and how that has helped propel its development and benefit its employees.

The way businesses interact with staff is changing. It's becoming more apparent that staff want more from their employers. Employees want to work within environments which not only focus on their development but also offer a wider sense of purpose.

By engaging employees in a charity partnership, firms can provide huge benefits - ensuring your partnership grows longer and stronger.

The way businesses interact with staff is changing.



Partnering with charities such as ours can provide the platform to create a positive working environment. To become a Corporate Partner visit pophamkidneysupport.org.uk or email joanne@pophamkidneysupport.org.uk

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Specific Campaign

Our biggest Fundraising Challenge is to raise £142,000 for the refurbishment of the Children's Kidney Centre outpatient department. We started the campaign in 2020 and then COVID hit! We were lucky to recruit a Fundraising Committee which sadly disbanded during this financial year, however with their support the committee raised a total of £61,000 at the end of this financial year. Our goal for the following year is to focus on a BRICK Campaign – inviting corporate businesses to support our appeal. Some of the fundraisers who supported this campaign were: Harry Weir, Ffion Mein, Neath Polyphonic Choir, Sarah Greenwood & Family.

Walking the Pembrokeshire coastline to raise over £5000!

Sarah Greenwood completed the 186 mile coastal walk in several stages, starting in October 2022 and finishing in Tenby in April 2023.

Sarah and her family donated her sponsorship funds to go towards our fundraising efforts for the Children's Kidney Centre in Cardiff. The cause is close to Sarah's heart as her son is receiving treatment at the Centre and she has seen the need for refurbishment which will concentrate on creating a warm and friendly environment.

The successful campaign was aided by Sarah's strong support network made up of her dedicated family and friends. They

walked alongside her and also made great efforts to raise funds. Sarah's mother was tireless in spreading the word about the challenge, visiting many towns and sharing information about the cause to raise awareness.

Joanne Popham, Popham Kidney Support CEO, said:

'We would like to express our heartfelt gratitude for Sarah's donation of £5,000 following her sponsored walk. It will truly make a difference and help us provide essential services to our community, and we are deeply grateful for your kindness, generosity and incredible commitment to undertake this challenge.'

You can still support Sarah by visiting: www.justgiving.com/fundraising/Sarah-Greenwood44



Neath Polyphonic Choir Christmas concert in support of Popham Kidney Support



Neath Polyphonic Choir has announced its Christmas concert will take place on December 8 at St David's Church, Neath. The funds raised from the evening will be donated to kidney charity, Popham Kidney Support, to help better the lives of kidney patients and their families across Wales.

The evening of live music which begins at 7pm will feature special guest soloist, Osian Wyn Bowen, as well as Britten Perry Silver Band under its leader, Jeff Pearce. The musical team will be led by the Choir's Music Director, Mark Ritzmann, with Lara Omidvar as Accompanist, and Mary Evans as Assistant Accompanist. The night will also feature Guest Organist, Huw Tregelles Williams.

Tenor soloist, Osian Wyn Bowen, is local to the South Wales area and is a graduate of the Royal Welsh College of Music & Drama Opera School, where he studied under the tutelage of renowned vocal coaches John Fisher and Adrian Thompson.

The event will raise funds in support of local kidney charity, Popham Kidney Support, which is celebrating its tenth anniversary this year. It was originally founded as The Paul Popham Fund, Renal Support Wales, in March 2013, five months after the passing of Paul Popham (father of the Charity's CEO, Joanne Popham) following a courageous battle with kidney cancer. The Charity has grown exponentially in the decade since, supporting over 3,000 people in 2022 alone.

Entry to the concert is £15 per ticket, which includes programme and refreshments. Those aged 16 and under entering for free.

To book tickets, please contact the organisers on 07970 027685 or simply pay at the door on the night.

Joanne Popham, Popham Kidney Support CEO, said: 'We're immensely grateful to Neath Polyphonic Choir for their generous support. The funds raised from this concert will make a significant impact on the lives of kidney patients and their families across Wales. It's heartening to see the local community come together to make a difference during the festive season.'

Mark Ritzmann, Music Director, said: 'We're delighted that our Christmas Concert this year will be helping raise funds for the good work of Popham Kidney Support. With some top musicians on board, and a wonderful line up of Christmas music, it promises to be a hugely enjoyable evening filled with the festive spirit.'



We would like to extend our utmost thanks to Harry Weir, for his fantastic fundraising effort in support of the Children's Kidney Centre at the Cardiff & Vale University Hospital. With fantastic support from friends, family, and kind-hearted individuals, Harry raised an amazing £900!

Fantastic Fundraisers: Harry Weir

Harry recently competed for the Welsh team at the British Transplant Games - in which he won gold in the 25m backstroke event - four years after receiving a life-changing kidney transplant. During his treatment, Harry has experienced first-hand the need for refurbishment at the Children's Kidney Centre, which he calls his "second home". He felt a deep sense of empathy for the other young patients who rely on its services and set out to contribute to the refurbishment effort.

The refurbishment of the Children's Kidney Centre will provide a more

comfortable and welcoming environment for young patients and their families, making a challenging situation a little easier to bear.

Harry's efforts are helping to create a space that fosters healing and resilience. Harry's story serves as an inspiration to us all, showing that no matter our age, we can be a force for positive change. The Children's Kidney Centre is a step closer to providing young patients with a more comfortable and supportive environment, thanks to Harry's passion and the collective efforts of those who rallied behind him.



The remarkable journey of Ffion Mein

Ffion Mein, a patient of Children's Kidney Centre knows only too well, how much the outpatients department is in need of refurbishment and so set out to achieve an extraordinary feat by her 13th birthday (July 30).

With an unyielding spirit and determination, Ffion realised the equivalent of a marathon distance (45 kilometres/26 miles) to contribute to the Children's Kidney Centre fundraising campaign. Ffion's journey has been marked by several challenges, as in 2021, she underwent a life-changing kidney transplant, and the following year, a double knee surgery put her mobility on hold, confining her to a wheelchair for a significant period. Undeterred by this setback, Ffion's tenacity and unwavering spirit shone through, epitomised by this fantastic feat. A significant milestone of Ffion's journey came during a holiday adventure that took her to the summit of Mount Vesuvius.

Scaling the heights of this iconic volcano was more than just a physical

accomplishment, it symbolised Ffion's triumphant return to an active life after the hurdles she had faced. Fuelled by her love for challenges, she resolved to embark on a new quest - to walk a marathon distance by her 13th birthday. The mission she has embarked is not just about accomplishing a physical feat, it was about making a meaningful impact on the lives of countless children who, like her, battle kidney-related challenges. We hope that her effort towards the refurbishment stands as a beacon of optimism for these young warriors, who often spend countless hours per week at the unit.

The £240 raised by Ffion will channel directly into the refurbishment of the Children's Kidney Centre. Thank you Ffion!

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

FINANCIAL REVIEW

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

FUTURE

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

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

On the 23 January 2015, the Charity became a Charitable Incorporated Organisation. The Charity is governed by its CIO Foundation governing document. Trustees are appointed to the board through advertisement and referral from current trustees. Upon appointment to the board, Trustees receive an induction pack which contains documents such as our code of conduct, governing document, trustee guidance, prior year financial statements and budgets, and details of the Charity's strategy.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Number: 1160114 The legal name of the Charity is Popham Kidney Support. The legal structure of the Charity is that of CIO (Charitable Incorporated Organisation), registered under the Charity Commission in England & Wales and its governing document is a written constitution.

NOTES:

For further information on this impact report please contact:

Joanne Popham, CEO: joanne@pophamkidneysupport.org.uk

For Media Enquiries contact **Seren Global Media**: info@serenglobalmedia.com

www.facebook.com/paulpopham.fund

www.pophamkidneysupport.org.uk

enquiries@pophamkidneysupport.org.uk

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH APRIL 2024

Staff

At the start of 2023, the team consisted of our CEO, a Peer Support Officer, Patient Services Co-ordinator, Fundraising Officer and Project & Administration Co-ordinator. With additional funding from The National Lottery and funding for our Fundraising Office coming to an end our team at the end of the April 2024 consisted of:

- CEO
- Peer Support Officer
- Children & Youth Officer
- Finance Officer
- Peer Support Co-ordinator
- Patient Services Co-ordinator
- Administration Assistant

TRUSTEES

All Trustees who served during the year, or between the year end and this report being approved, were individuals and are members of the Charity.

The Trustees who served in this reporting period were:

Ms L D Orton (Chair)

Mr R Sheffield (Vice Chair)

Mr J Turner

Dr A Mikhail

Mr Roger Hickman

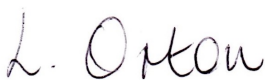
Ms G Sheppard

Ms M Major (appointed May 2023)

Ms K Loosmore (appointed October 2023)

Trustees shown above have served throughout the year, unless otherwise stated.

Approved by order of the board of trustees on 30 / 01 /25..... and signed on its behalf by:



.....
Ms L D Orton - Chair

POPHAM KIDNEY SUPPORT

STATEMENT OF TRUSTEE RESPONSIBILITIES

FOR THE YEAR ENDED 4TH APRIL 2024

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the Charity and financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

POPHAM KIDNEY SUPPORT

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES FOR THE YEAR ENDED 4TH APRIL 2024

Independent examiner's report to the trustees of Popham Kidney Support

I report to the trustees on my examination of the financial statements of Popham Kidney Support (the Charity) for the year ended 4th April 2024.

Responsibilities and basis of report

As the trustees of the Charity, you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ("the Act").

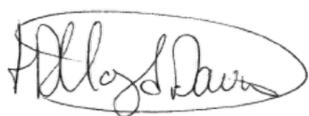
I report in respect of my examination of the Charity's financial statements carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Henry Lloyd Davies

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date: 30th January 2025

POPHAM KIDNEY SUPPORT

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 4TH APRIL 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
	Notes						
Income from:							
Donations and legacies	3	5,070	-	5,070	66,718	-	66,718
Charitable activities	4	-	149,058	149,058	500	89,361	89,861
Other trading activities	5	42,606	-	42,606	1,420	-	1,420
Bank Interest		1,004	-	1,004	183	-	183
 Total income		 48,680	 149,058	 197,738	 68,821	 89,361	 158,182
 Expenditure on:							
Charitable activities	6	34,233	172,971	207,204	77,558	107,559	185,117
 Net income/(expenditure) for the year/ Net movement in funds		 14,447	 (23,913)	 (9,466)	 (8,737)	 (18,198)	 (26,935)
 Fund balances at 4 th May 2023		 51,392	 32,884	 84,276	 60,129	 51,082	 111,211
Fund balances at 4 th April 2024		65,839	8,971	74,810	51,392	32,884	84,276

The statement of financial activities includes all gains and losses recognised in the year.

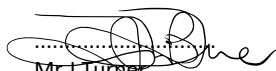
All income and expenditure derive from continuing activities.

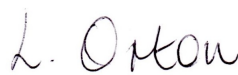
POPHAM KIDNEY SUPPORT

BALANCE SHEET AS AT 4TH APRIL 2024

Notes	2024		2023	
	£	£	£	£
Current assets				
Debtors	-		-	
Cash at bank and in hand	87,596		96,628	
	87,596		96,628	
Creditors: amounts falling due within one year 8				
	12,786		12,352	
Net current assets/(liabilities)				
Income funds				
Restricted funds 9	8,971		32,884	
Unrestricted funds	65,839		51,392	
		74,810		84,276

The financial statements were approved by the Trustees on 30/01/25


Mr J Turner
Secretary


.....
Ms L D Orton
Chair

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4TH APRIL 2024

1 ACCOUNTING POLICIES

Basis of preparation

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The accounts are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

Financial reporting standard 102- reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting and Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Critical accounting judgements and key sources of estimation uncertainty

The preparation of the financial statements required management to make judgements, estimates and assumptions that affect the application of policies and reported amounts of assets, liabilities, income, and expenses. The estimates and associated assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and various other factors that are believed to be reasonable under the circumstances, the results of which form the basis of making judgements about carrying values of asset and liabilities that are not readily apparent from other sources.

Actual results in the future may differ from these estimates.

Estimates and underlying assumptions are reviewed on an ongoing basis. The resulting accounting estimates are recognised in the period in which the estimate is revised and in any future periods affected.

Estimation uncertainty

The charity makes estimates and assumptions concerning the future. The resulting accounting estimates will, by definition, seldom equal the related actual results. Management consider there to be no estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4TH APRIL 2024

Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Incoming resources

All incoming resources are included on the Statement of Financial Position (SOFA) when the charity is legally entitled to the income after any performance conditions have been met, the amounts can be quantified with reasonable accuracy, and it is probable the income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation unless performance conditions require deferral of the amount.

Grants income is accounted for on an accruals basis and is shown in the financial statements when the Charity earns the unconditional right to the funds. Revenue grants are credited directly to the Statement of Financial Activities and capital grants are released over the life of the asset in line with the depreciation policy. Performance related grants are recognised to the extent that the Charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met.

The value of any voluntary help received is not included in the accounts but is described in the Trustees' annual report.

Events and sponsorship income is recognised on the date the event is held.

Interest receivable

Interest on funds held on deposits is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Resources expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on charitable activities includes all costs relating to the furtherance of the Charity's objectives as stated in the Trustees report and their associated support costs. Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Governance costs comprise all costs involving public accountability of the Charity and its compliance with regulation and good practice.

There has been no offsetting of assets and liabilities, or income and expenses.

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4TH APRIL 2024

Taxation

The charity is exempt from Corporation Tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

Pension costs and other post-retirement benefits

The charity operates a defined benefit pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate. There is no past service deficit liability at the year end.

Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments held within a deposit or similar account with original maturities of three months or less.

Debtors

Trade and other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any discounts due.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any discounts due.

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4TH APRIL 2024

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 4th April 2024, nor the year ended 4th May 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 4th April 2024, nor the year ended 4th May 2023.

3 DONATIONS AND LEGACIES

	Unrestricted Funds	Unrestricted Funds
	2024	2023
	£	£
Donations and gifts	5,070	66,718

POPHAM KIDNEY SUPPORT
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 4TH APRIL 2024

4 CHARITABLE ACTIVITIES

	2024	2023
	£	£
Grants	149,058	89,861
Other income	-	-
	149,058	89,861
Analysis by fund:		
Unrestricted funds	-	500
Restricted funds	149,058	89,361
	149,058	89,861
Grants	2024	2023
	£	£
The Albert Hunt Trust	-	3,000
The Hospital Saturday Fund	-	2,000
Postcode Community Trust	-	25,000
The Community Foundation in Wales	-	1,500
Groundwork	500	1,000
The National Lottery, People and Places, Medium Grant	120,772	25,424
The Moondance Foundation	12,000	18,000
TK Maxx Foundation	-	500
Swansea University	7,034	2,000
CDF & Vale ULHB	8,752	-
WCVA 3 rd Sector Resilience Fund	-	11,437
TOTAL	149,058	89,861

POPHAM KIDNEY SUPPORT
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 4TH APRIL 2024

5 OTHER TRADING ACTIVITIES

	Unrestricted Funds	Unrestricted Funds
	2024	2023
	£	£
Fundraising and events	42,606	1,420
Sponsorships	-	-
Other trading activities	42,606	1,420

6 CHARITABLE ACTIVITIES

	2024	2023
	£	£
Staff costs	108,335	100,724
Printing, postage, stationery and telephone	5,959	7,989
Sundry	1,795	2,036
Marketing and PR (inc. rebrand)	12,957	7,170
Website	430	2,732
Insurance	1,982	2,243
IT and office equipment	7,864	4,954
Event costs	20,689	13,533
Welfare and beneficiary	37,983	31,090
Training	26	1,663
Rent, heat and light	6,370	7,400
Accountancy	1,591	2,400
Recruitment	1,223	1,183
	207,204	185,117
Analysis by fund		
Unrestricted funds	34,233	77,558
Restricted funds	172,971	107,559
	207,204	185,117

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 4TH APRIL 2024

7 EMPLOYEES

Number of employees

The average monthly number of employees during the year was:

	2024	2023
	5	6
Employment costs	2024	2023
	£	£
Wages and salaries	108,335	100,724

There were no employees who received remuneration and benefits totalling more than £60,000 during the period.

Key management personnel

The Trustees are deemed to be the key management personnel of the Charity.

As stated above they were not remunerated during the period.

8 CREDITORS	2024	2023
	£	£
HMRC PAYE	9,685	9,952
Accruals	3,101	2,400
	12,786	12,352

9 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted 2024	Restricted 2024	Total 2024	Unrestricted 2023	Restricted 2023	Total 2023
	£	£	£	£	£	£
Current assets/ (Liabilities)	65,839	8,971	74,810	51,392	32,884	84,276

10 RELATED PARTY TRANSACTIONS

During the year Gemeg Accountancy provided accountancy and payroll services to the Charity, totalling £Nil (2023: £243). David Bivens, the proprietor of Gemeg Accountancy, was a trustee of the Charity during the previous year.

Accounts

REGISTERED CHARITY NUMBER: 1160114

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 4th MAY 2023**

FOR

**POPHAM KIDNEY SUPPORT
(PREVIOUSLY KNOWN AS PAUL POPHAM
FUND, RENAL SUPPORT WALES)**

POPHAM KIDNEY SUPPORT
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FOR THE YEAR ENDED 4TH MAY 2023

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Independent Examiner's Report	20
Statement of Financial Activities	21
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POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023

The trustees present their report with the financial statements for the year ended 4th May 2023.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

AIMS AND OBJECTIVES

Aims

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

Objectives

We achieve our aim through 5 clear objectives

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

Opening Statement

There was excitement in the air at the start of 2022! The charity had changed its name, and it was heading into its 10th Year! Both of these, as exciting as they were had not come with ease; a lot of work, enthusiasm, passion and commitment had gone into creating not just a name but a brand that would see the charity beyond its next 10 years.

In June 2022, the charity had its first Paper Published in the Journal of Kidney Care. 'Establishing a Peer Support Service – a Welsh Perspective'! Echoing the new name – Peer Support does exactly what the charity's name says – supports people effected by kidney disease to know they are not alone and that they can lead a better life as a kidney patient. Our Peer Support Service has become stand alone in Wales and recognized by Clinical Teams, The Welsh Kidney Network and more importantly our community – being able to talk to someone who understands provides so much information, support and advice that helps them to move forward.

In June the same year we attended United Kingdom Kidney Association (UKKA) annual conference: United Kingdom Kidney Week (UKKW22) for the first time. This took place in Birmingham; we were thrilled to present on our Paper to the Professional Kidney Community of the UK.

There were lots of exciting changes with the new branding, the charity created a Marketing Consortium to support with raising awareness of the charity throughout Wales and started its own newsletter – Popham Kidney Chronicle. We became part of service development, taking part in two Peer Reviews throughout Wales. We had staff changes and were able to take on a Youth Worker that helped to support the Transition Programme development. We recruited our first Peer Mentor in North Wales and carried out a Peer Support Service evaluation with two students from Swansea University. We continued the Collaborated COVID-19 newsletter, WKPN and Webinars and finally Newgale was back for the first time since Covid, as well as the British Transplant Games and our Annual Christmas Day out.

The excitement of our 10-year anniversary and COVID on the decrease carried on throughout the year, taking us confidently into 2023/2024.

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023

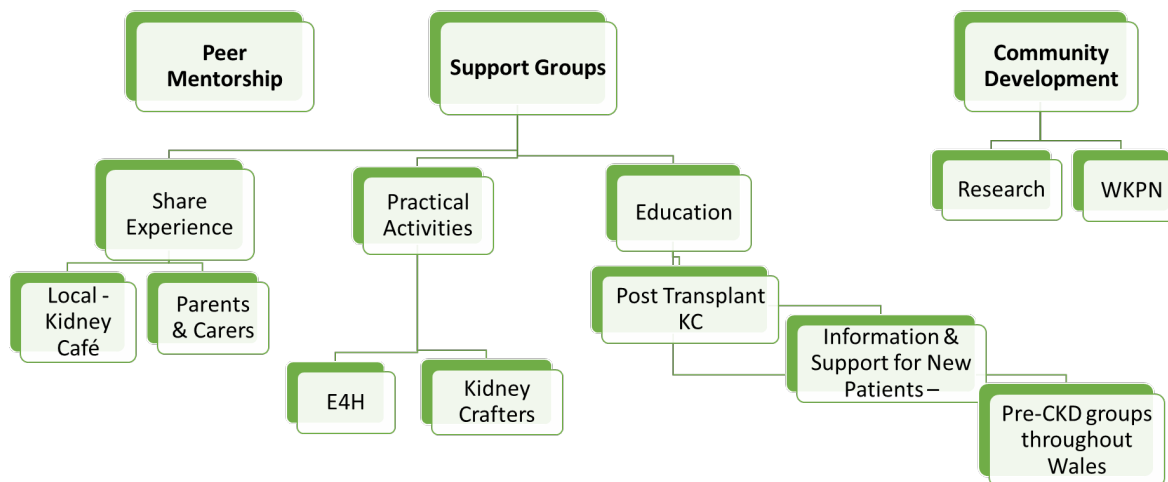
ACTIVITIES AND ACHIEVEMENTS

Development of our Peer Support Service

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

- **One to One** Peer Support over the phone or face to face
- **Group Support** through our Kidney Café
- **Activity based group support**, such as a walking group or crafters group
- **Information and/or Educational Support Groups**, where they share knowledge through our information and support for new patients and/or pre-CKD groups throughout Wales and Post Transplant Groups
- **Community Development**, offering advice on service or research development

Popham Peer Support Service



POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

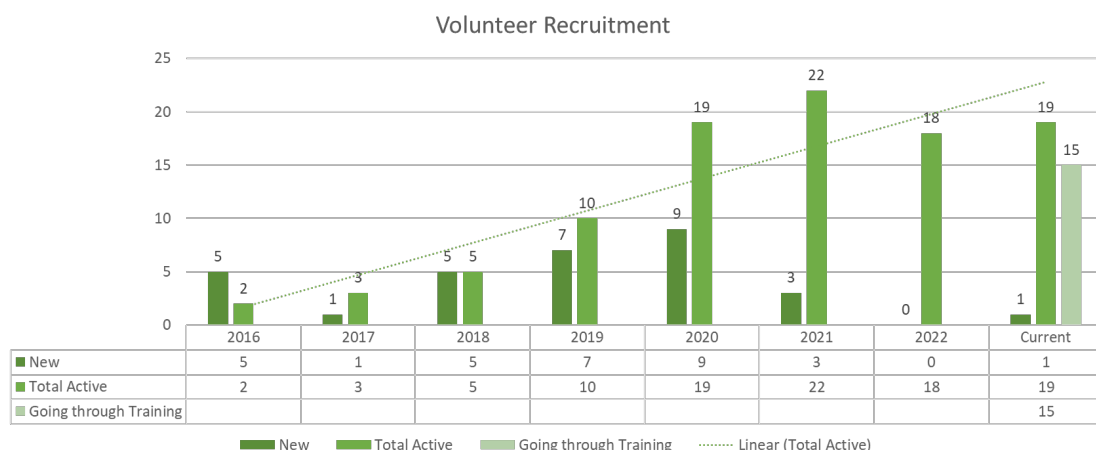
FOR THE YEAR ENDED 4TH MAY 2023

Recruit, Develop and Retain Popham Peer Mentors

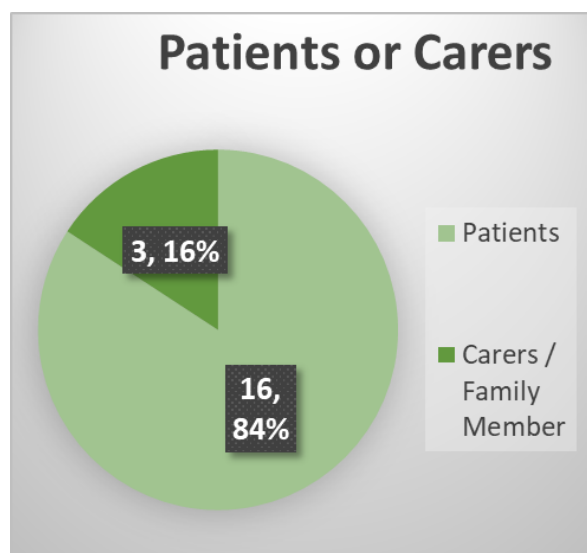
Popham Peer Mentors

These are people with kidney disease or those affected by kidney disease, carers, family members. They give up their time to support others. Not everyone effected by kidney disease can become a Popham Peer Mentor, there are certain qualities, skills and attributes required and all our volunteers go through a recruitment process followed by completing an Agored Training Course.

Our current team for 2023 stands at 19 with 15 completing a training course, with paperwork to be completed.



Popham Peer Mentor – Characteristics

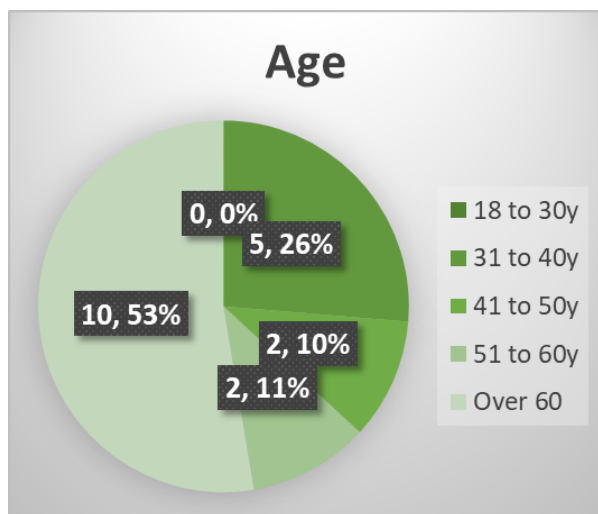


Patients or Carers	
Patients	16
Carers / Family Member	3

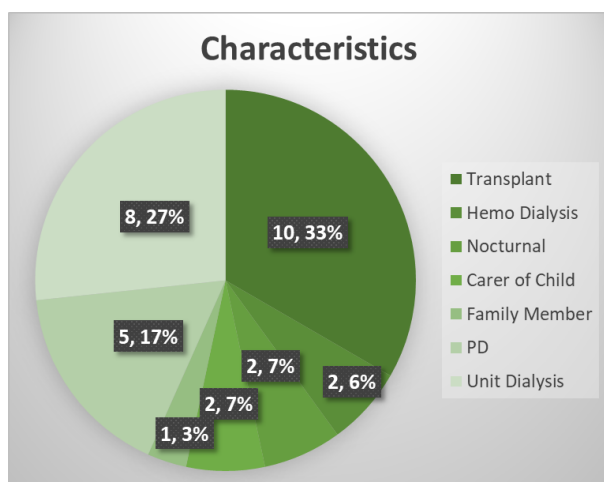
POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023



Age	
18 to 30y	0
31 to 40y	5
41 to 50y	2
51 to 60y	2
Over 60	10



Characteristics	
Transplant	10
Haemodialysis	2
Nocturnal	2
Carer of Child	2
Family Member	1
PD	5
Unit Dialysis	8

How Popham Peer Mentors Feel in their role

How satisfied are you in volunteering? **100% A great deal/A lot**

How well do you understand what is expected of you? **100% Fully understand**

How much impact do you feel your volunteering role has? **100% Significant/Quite a lot**

Do we provide appropriate amount of training? **100% Yes**

Is the volunteer training relevant to your role? **100% Yes**

How valued do you feel? **100% A great deal/A lot**

Do you have an opportunity to meet other Popham volunteers? **100% Yes**

Would you recommend us as a place to volunteer? **100% Yes**

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023

Popham Peer Mentors Reason for Volunteering



After a visit from volunteer and then attending one of their meetings I decided when I was on dialysis I had no one that I could talk to so I thought if I volunteer that I can be there to help others with kidney disease and answer some of their questions and help them on their journey through Dialysis and transplant.

Popham Peer Mentors Experience

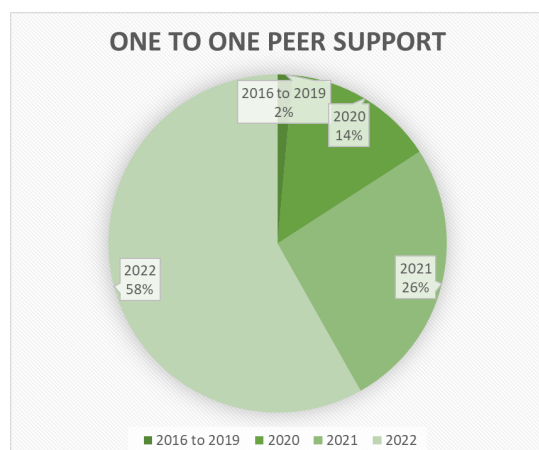
Best Experience

- Hearing that you have helped someone and they are in a better place now
- Helping my current peer mentee's
- Helping PEOPLE and listening with intent when people don't know where to turn
- It's when a mentee thanks me and say that I'm helping them on their journey by sharing my ups and downs that I experienced on dialysis and my transplant.

Worst Experience

- Bringing back memories for myself

Peer Support Enquiries



ONE TO ONE PEER SUPPORT	
2016 to 2019	3
2020	30
2021	56
2022	121

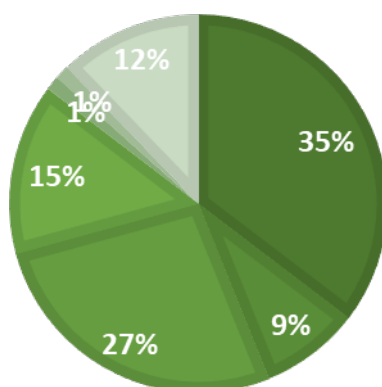
POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023

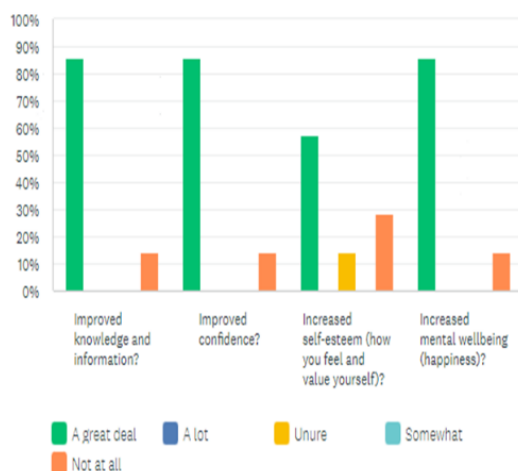
SUPPORT NEEDED 2022

- Talk to someone who understands
- New Patient - coping
- Help & Support
- To help make informed decision about treatment choices
- To get specific information about Post Transplant
- To get specific informaiton about dialysis
- Lonely



How did our Popham Peer Support Service help you with the following?

Answered: 7 Skipped: 0



Less stress and worry

Very friendly, helpful and reassuring

It has helped me open up about day to day struggles and just knowing someone is out there willing to listen and help

Knowing Popham Kidney Support are there - part of a community.

I don't feel alone - someone else understands what I am going through.

Gave me the answers I needed. Where to get extra support.

It gave me an insight as to what to expect and knowledge.

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023

Recruit, Develop and Retain Popham Peer Mentors

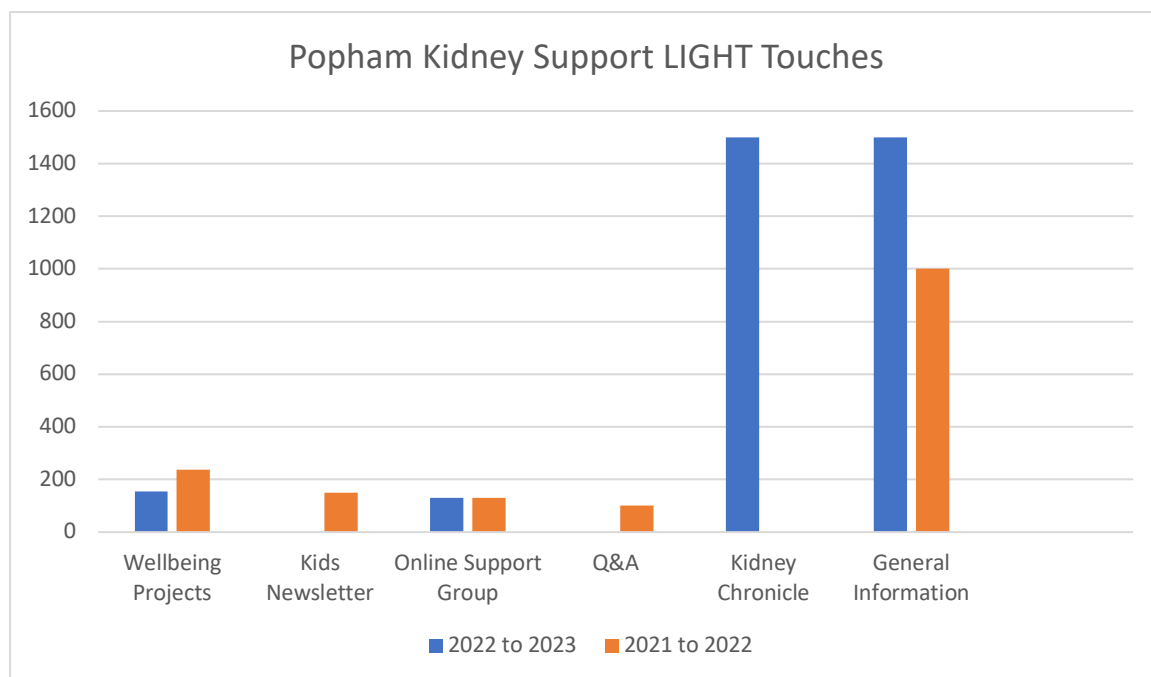
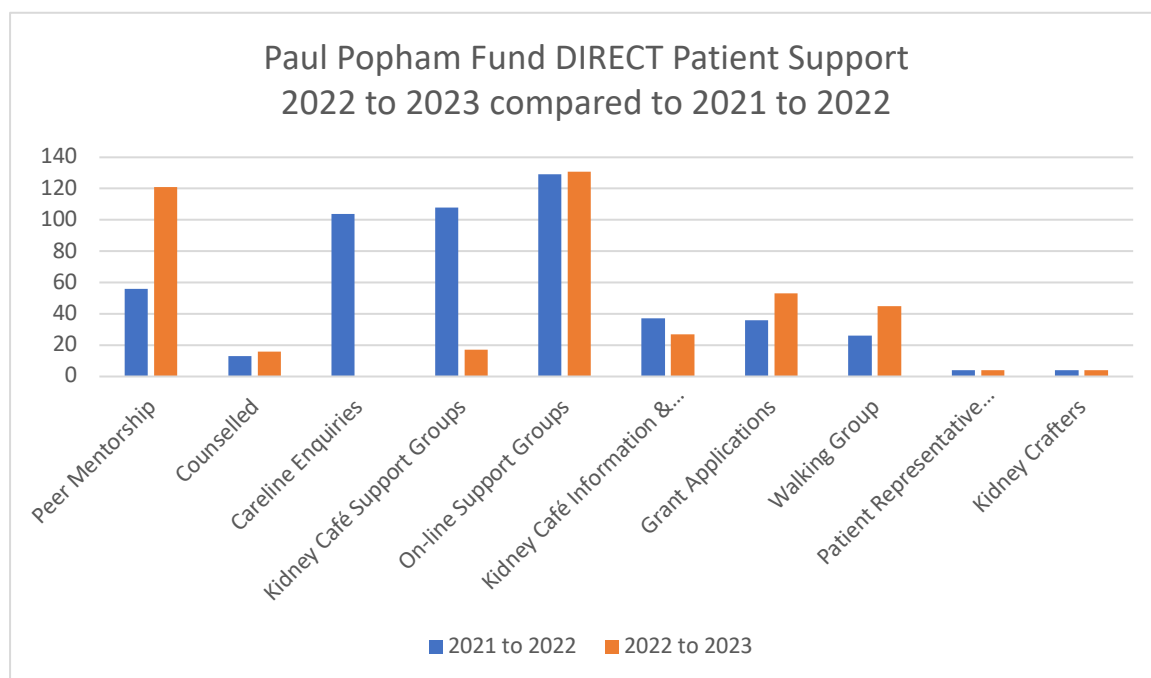
Patients supported by our various services throughout 2022/2023 are as follows:

Total Patients Supported	2022 to 2023	2021 to 2022
Peer Mentorship	121	56
Counselled	16	13
Careline Enquiries	0	104
Kidney Café Support Groups	17	108
Kidney Café Information & Support	27	37
Q&A's	0	100
On-Line Groups	131	129
Grant Applications	53	36
Wellbeing Projects Funded	155	238
COVID-19 Newsletter	1500	1500
Patient Conference	60	217
Walking Group	45	26
Paediatric Social Worker	60	60
Kidney Crafters	4	4
Patient Representative Group	4	4
Kids Newsletter	0	150
Kidney Chronicle	1500	0
General Information Leaflets	1500	1000
Peer Review	3000	
TOTAL PATIENTS SUPPORTED	8192	3695
Direct Touches	477	434
Light Touches	3155	1617
Service Development	3000	0
Collaborative Projects	1560	1645

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023



Kidney Café Initiatives

The virtual landscape became tired in 2022 however our community was still struggling to come to terms with meeting in-person events. Our kidney cafés were suffering as a result. We were going through a period of wanting to go back to normal but not quite yet.

At the end of 2022 start of 2023 our plan moving forward was to re-establish local kidney café's and establish new ones. This comes into effect in 2023/2024.

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023

Counselling

Our counselling service has remained consistent this financial year with two qualified counsellors supporting the service. Towards the start of 2022 the waiting list had crept up, we recruited a third counsellor to join the team with the aim of recruiting a fourth in 2023/2024.

Wellbeing Projects

During this financial year we supported three projects under our 'improving emotional wellbeing' objective. We funded:

- Newgale, an annual event pre-covid, where children and youths with kidney disease could take part in an activity weekend improving self-esteem and confidence that they can still lead an active life and gaining support from each other. This was the first year that the weekend was able to run since covid supporting the Youth Worker to co-ordinate and fund the day.
- Christmas Day Out, where we take children with kidney disease and their families for a day out at Christmas every year. This also was the first time since Covid we were able to organise this day out. We hired out a cinema screen showing the new film that year 'Matilda'. It was a great day where families could meet, chat in a social gathering and gain support from each other.
- Transplant Games, again for the first time since Covid the British Transplant games took place in Leeds 2022. Prior to this, the games had not taken place since Cardiff 2019. Supporting the Youth Worker to co-ordinate and fund the day.

Collaborative Projects

COVID-19 Update - A Newsletter for People with Kidney Disease in Wales:

We have collaborated with charities in Wales and the Clinical Renal Network to provide a newsletter of information that includes advice on shielding and a list of services available to patients and updates in services. This newsletter and collaborative group are the legacy of COVID-19 to be a source of information to all people with kidney disease in Wales. We developed and funded 1 newsletter during this period with the group goals to be reviewed moving forward.

[Information & Education - Popham Kidney Support](#)

Patient Conference

We collaborated with Kidney Wales and Kidney Care UK to create a series of virtual conferences as follows:

- *Reduce Costs Save Money*
Virtual conference for kidney patients – April 2022
- *Patient Knows Best*
Webinar for kidney patients – April 2023

<http://kidneypatientconference.wales/>

Patient Representative Group

During the previous year we supported the set-up of this Patient Representative Group which is now called the Welsh Kidney Patient Network. The aim of this group is to review service development, we are part of the group and support its continued development. Our volunteers are very much part of the group.

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023

Q&A

In 2022/2023 we ran a Vascular Access Q&A with the Vascular Access Team in Cardiff & Vale Health Board and a Volunteer Peer Mentor. This was accessible to their patient population helping them to understand the reason for vascular access, the ways that it could be completed and support with myth busting.

Kidney Chronicle

We originally provided a KIDS Newsletter for families that attend the Children Kidney Center. This started during COVID, in the same way that the COVID-19 Newsletter had been established, to disseminate information about COVID and services available.

During 2022/2023 we had produced one collaborative COVID-19 Newsletter. We therefore decided to explore whether we should produce our own newsletter/magazine.

In 2023 we created a Marketing Consortium made up of our suppliers who provide marketing services for our Charity to have more of a joint and strategic approach. These were made up of our PR, social media, Graphic Designer and Web Developer. This group supported the development of our first newsletter with the advice, feedback, and involvement of our community through focus groups and surveys. Popham Kidney Chronicle provides information for our kidney community and supporters on services available, and how our supporters helped us support our community. It will be a quarterly newsletter.

On-Line Support Groups & Patient Hub

Currently we have 4 on-line support groups. These are closed support groups on our Charity's Facebook page where people effected by kidney disease can request advice and information from the charity and each other. We have:

- Parents & Carers
- Post Transplant
- Home Therapies – our Kidney Café support Group was put on hold in 2020 this will be revisited as we come out of COVID
- New Patients – new for 2021 to 2022 in line with our new Kidney Café

Our aim over the next 3 to 5 years is to develop these together with the signposting information we provide such as our referral partners: StepChange for debt advice; and Trussell Trust, Foodbanks, is to develop a Patient Hub where patients can access information on-line and post questions to a closed forum. The development of this will commence in 2024/2025.

Children & Youth Services

Transition Group

During COVID we established a virtual education Programme for new adult patients with Swansea Bay University Health Board Renal Team. Following on from this we explored the possibility of developing a similar Programme preparing children and youths as they move into adults' services. We created a working group made up of youth's who had transitioned into adult services to explore whether they would wanted an education Programme and if they did what would they have liked it to look like. The working group said yes, they would have liked this and detailed what information/education session they would have liked and how it should be run. This was in 2021. Over the next 2 years, we engaged with the Youth Worker to develop the Programme. During this year, a Paediatric Consultant was enthused and keen to also develop a Programme. We all came together to develop the Programme with the aim of piloting the in autumn 2023.

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023

Operational Activity

Fundraising

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

Total income in the financial year 2022 to 2023 was £158,182 which is 19.5% down compared to 2021 to 2022. Our community income increased from £30,963 to £66,440 an increase of 114.6%. The biggest contributors being:

- our annual golf day which raised £10k this year, £3k more than the previous year
- Kilometres for Kidneys- an annual fundraising campaign brought in just short of £3,000
- our associated running club Paul Popham Running Club donated over £5,000

As well as so many wonderful people and organisations throughout Wales who may have been affected by kidney disease or have learnt about the charity's work:

- Karinne – Tattoo Artist
- Tonna Rugby Club
- Sarah Greenwood Family & Friends
- Ceri Williams' Sky Dive
- Dinas Bran School
- Oakfield Primary School
- Liberty Stadium Collections
- Lyndon & Alfie Rees
- Phyllis Bell & Felindre Community
- Joanne Williams in memory of Leighton Williams and all at The Railway Inn, Swansea
- Joe Townsend and Nigel Butler, Virtual London marathon
- Cardiff Half Marathon Team 2022
- Spring Ball 23
- Stanwell School
- Mike Hedges

And many more!

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023

Our grant income for 2022/2023 was £89,861, down 33.6% from the previous year. Main funders this year were:

- The National Lottery
- The Albert Hunt Trust
- The Postcode Community Trust
- The Moondance Foundation
- Groundwork: Tesco Carry bags for Causes
- TK Max Foundation
- Swansea University
- Hospital Saturday Fund
- The Community Foundation of Wales

Very much the same funders as the previous year. The main difference on the previous year were funders giving towards charity's moving back into office space post covid.



THE
ALBERT HUNT
TRUST



The Hospital
Saturday Fund



Community
Foundation
Wales



Swansea University
Prifysgol Abertawe



FOUNDATION

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023

Corporate Support

Our Corporate income was up on last year by nearly 27%.

We are fortunate to gain corporate support from local and national companies who support us as charity of the year or one of donations, thanks to:

- FAI Automotive
- Falck
- Chris Davies Financial Support
- Atkin Trustees
- Phoenix HR Services
- Dexadent Ltd
- Seren Global Media
- John Morse Solicitors

We also gained corporate support from businesses giving up their time and services for free, raffle, auction prizes that contributed to the increase in community funding or allowed our services to run effectively.

Legacy

Our legacy donations were considerably down on last year due to a gift in a will left to us in 2021. This year we remember those with love:

- Joe Moruzzi
- Mrs John
- Jeff Lang

Donations

Income from donations remains 1% of the total income received each year. Our goal is to increase this over the next 2 to 3 years, developing a donor journey and CRM system that will support this strategy.

Cash in the Bank at the end of this year stands at £96,628 which was also down 13.1% on 2021/2022. Our beneficiary account rose by nearly 29%, funds within this account are ring fenced for the Children's Kidney Centre Refurbishment Project. Our reserves account, dropped by 33.2% throughout the year to support core costs over a period where income had been attributed to other resources. Our Grant Reserves Account dropped by 35.6%, mainly due to funding terms ending throughout the year.

Summary of our income:

- 56.8% Grant Funding
- 31.2% Community Fundraising
- 5.9% Gift Aid
- 4.3% Corporate Support
- 0.7% Legacy
- 0.6% Donations

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023

Expenses

The cost to Run our Services this year were £185,117 this was up 18.8% on 2021/2022 as we took on new staff and moved back into working at the office.

Core Costs

Our core costs for 22/23 compared to 21/22 have risen by 22%.

Employee Expenses

Employee expenses also remained fairly consistent compared to 21/22, rising by 13.7% on last year, despite staff changes.

Peer Support Services

Costs for our Peer Support Services increased by 101% compared to our financial year 21/22. We have developed our Peer Support Service in South East and West Wales from 2016 and this year we started to explore developing the service in North Wales, with aims over the next 5 years to have an event and consistent spread of Popham Peer Mentors throughout Wales.

Beneficiary Services

Other patient services increased this year, patient grants, counselling and in-person wellbeing projects commenced. Our costs for these increased by 540% on the financial year 21/22. Income had also increased for the Children's Kidney Centre Refurbishment Project.

Summary of expenses:

- Peer Support Services 66%
- Beneficiary Services 13%
- Running the Charity 21%

Breakdown of a £1 donation

For every £1 donated 21p was used to run the charity and every 79p to support someone effected by kidney disease in Wales to lead a better quality of life.

- Every £1 donated £0.79 to support children, youths and adults with kidney disease.
- Every £1 donated £0.21 goes to running the charity.

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023

FINANCIAL REVIEW

- Peer Support Services 66% of income received
- Beneficiary Services 13% of income received
- Running the Charity 21% of income received
- Every £1 donated £0.79 to support children, youths and adults with Kidney Disease.
- Every £1 donated £0.21 goes to running the charity
- Peer Mentorship costs £30 per session
- Training a Popham Peer Mentor costs £80 per person
- A one-to-one Peer Support Session costs £25 per session
- Counselling £45 per session
- Running a Kidney Café costs £250 per session
- Supporting an Education Kidney Café costs between £50 and £150 per session
- Running the Exercise for Health Group costs £100 per month
- Training a Walk Leader costs £35 per leader
- Kidney Crafters group currently costs £120 a month
- Administering a Grant Applications £350 per grant
- Xmas Day out for kids costs between £70 to £120 per child
- Wellbeing Projects cost between £15 to £130 per person
- Providing our Kidney Chronicle costs £5 per newsletter
- Paediatric Social Worker £7.50 per patient

Operationally

Name Change

At a Board Meeting in 2021, The Trustees were reviewing the monthly reporting and consideration was given to the services the charity was running and whether the name of the charity then, The Paul Popham Fund, Renal Support Wales explained what the charity did.

That meeting created a project and a collaboration with Cranfield to investigate at that time - Did the name of the charity explain what the charity does? A working group was established to explore this question where the services were highlighted, detailing out what each of those services provided and to whom. Suggested names were put to the wider kidney community of Wales.

From that project and working group and the kidney community of Wales it was decided that the name Paul Popham had to remain, as this explained the legacy of the charity, why indeed it had been established, Support explained what the services provided, and Kidney explained to whom and so the new name was born – Popham Kidney Support.

With the new name came new branding, working with the working group to review what Popham Kidney Support meant to people effected by kidney disease. The feeling was the charity provided comfort, helped those effected by kidney disease to know they are not alone, and that the charity helped them to flourish in their journey almost a hope of rebirth like a caterpillar to a butterfly and hence the new logo and branding.

POPHAM KIDNEY SUPPORT

TRUSTEE'S REPORT

FOR THE YEAR ENDED 4TH MAY 2023

Staff

At the start of 2022 our Volunteer Co-Ordinator left the charity, this left our Patient Services Coordinator to manage both volunteers and patient services for a period until we confirmed funding from The National Lottery at the end of 2023 to further develop our Peer Support Service throughout Wales for 5 years. With this funding we were able to recruit a Peer Support Manager to support the volunteers, working alongside our Patient Services Co-ordinator. We also received funding to employ a Fundraiser at the end of the financial year 2022, this role was recruited in September 2022 to help shape our fundraising strategy. At the end of 2023 our team consisted of:

Joanne Popham, CEO
Gail Williams, Peer Support Manager
Geraint John, Patient Services Co-ordinator
Kathryn Jones, Fundraising Officer
Hayley Evans, Project & Administration Co-ordinator

FUTURE

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

To achieve this aspiration, we want to develop the service so there is a consistent and even spread of Peer Mentors throughout Wales. To build on the foundations created to have a team of 123 Volunteer Peer Mentors; supporting over 1,200 patients directly with one-to-one peer support; and 6,000 in total from the additional services that are run by our Peer Mentors through our support groups -Kidney Café's and activity-based support groups - Exercise for Health Group; and we want to develop a Patient Hub of information via an on-line forum over the next 5 years.

STRUCTURE, GOVERNANCE AND MANAGEMENT

On the 23 January 2015, the Charity became a Charitable Incorporated Organisation. The Charity is governed by its CIO Foundation governing document.

Trustees are appointed to the board through advertisement and referral from current trustees.

Upon appointment to the board, Trustees receive an induction pack which contains documents such as our code of conduct, governing document, trustee guidance, prior year financial statements and budgets, and details of the Charity's strategy.

POPHAM KIDNEY SUPPORT
TRUSTEE'S REPORT
FOR THE YEAR ENDED 4TH MAY 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Number: 1160114

The legal name of the Charity is Popham Kidney Support.

The legal structure of the Charity is that of CIO (Charitable Incorporated Organisation), registered under the Charity Commission in England & Wales and its governing document is a written constitution.

The principal operating address, telephone number, email address and web address of the Charity are:

11 Tawe Business Village
Llansamlet
Swansea
SA7 9LA
0333 200 1285

NOTES:

For further information on this impact report please contact:

Joanne Popham, CEO: joanne@pophamkidneysupport.org.uk

For Media Enquiries contact **Seren Global Media**: info@serenglobalmedia.com

POPHAM KIDNEY SUPPORT
TRUSTEE'S REPORT
FOR THE YEAR ENDED 4TH MAY 2023

TRUSTEES

All Trustees who served during the year, or between the year end and this report being approved, were individuals and are members of the Charity.

The Trustees who served in this reporting period were:

Ms L D Orton (Chair)

Mr R Sheffield (Vice Chair)

Mr J Turner

Ms N Matthews

Ms P M Turner

Mr D Fellowes

Mr D Bivens

Dr A Mikhail

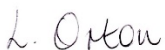
Ms H Isaac

Mrs Karen Grunhut

Mr Roger Hickman

Trustees shown above have served throughout the year, unless otherwise stated.

Approved by order of the board of trustees on 30th May 2024 and signed on its behalf by:



Ms L D Orton - Chair

POPHAM KIDNEY SUPPORT

STATEMENT OF TRUSTEE RESPONSIBILITIES

FOR THE YEAR ENDED 4TH MAY 2023

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the Charity and financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

POPHAM KIDNEY SUPPORT
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
FOR THE YEAR ENDED 4TH MAY 2023

Independent examiner's report to the trustees of Popham Kidney Support

I report to the trustees on my examination of the financial statements of Popham Kidney Support (the Charity) for the year ended 4th May 2023.

Responsibilities and basis of report

As the trustees of the Charity, you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ("the Act").

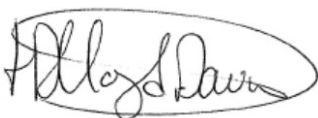
I report in respect of my examination of the Charity's financial statements carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Henry Lloyd Davies

Bevan Buckland LLP
Ground Floor Cardigan House
Castle Court
Swansea Enterprise Park
Swansea
SA7 9LA

Date: 30th May 2024

POPHAM KIDNEY SUPPORT

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 4TH MAY 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Notes							
Income from:							
Donations and legacies	3	66,718	-	66,718	54,647	-	54,647
Charitable activities	4	500	89,361	89,861	4,082	131,202	135,284
Other trading activities	5	1,420	-	1,420	6,487	-	6,487
Bank Interest		183	-	183	-	-	-
 Total income		 68,821	 89,361	 158,182	 65,216	 131,202	 196,418
 Expenditure on:							
Charitable activities	6	77,558	107,559	185,117	75,676	80,120	155,796
 Net income/(expenditure) for the year/ Net movement in funds		 (8,737)	 (18,198)	 (26,935)	 (10,460)	 51,082	 40,622
 Fund balances at 4th April 2022		 60,129	 51,082	 111,211	 70,589	 -	 70,589
Fund balances at 4 th May 2023		51,392	32,884	84,276	60,129	51,082	111,211

The statement of financial activities includes all gains and losses recognised in the year.

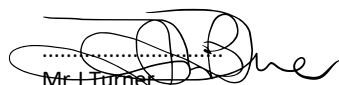
All income and expenditure derive from continuing activities.

POPHAM KIDNEY SUPPORT

BALANCE SHEET AS AT 4TH MAY 2023

		2023		2022	
	Notes	£	£	£	£
Current assets					
Debtors		-		-	
Cash at bank and in hand		96,628		111,211	
		96,628		111,211	
Creditors: amounts falling due within one year 8					
		12,352		-	
Net current assets/(liabilities)					
Income funds					
Restricted funds	9	32,884			51,082
Unrestricted funds		51,392			60,129
			84,276		111,211

The financial statements were approved by the Trustees on 30th May 2024


Mr J Turner
Secretary


Ms L D Orton
Chair

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4TH MAY 2023

1 ACCOUNTING POLICIES

Basis of preparation

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The accounts are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

Financial reporting standard 102- reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting and Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Critical accounting judgements and key sources of estimation uncertainty

The preparation of the financial statements required management to make judgements, estimates and assumptions that affect the application of policies and reported amounts of assets, liabilities, income, and expenses. The estimates and associated assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and various other factors that are believed to be reasonable under the circumstances, the results of which form the basis of making judgements about carrying values of asset and liabilities that are not readily apparent from other sources.

Actual results in the future may differ from these estimates.

Estimates and underlying assumptions are reviewed on an ongoing basis. The resulting accounting estimates are recognised in the period in which the estimate is revised and in any future periods affected.

Estimation uncertainty

The charity makes estimates and assumptions concerning the future. The resulting accounting estimates will, by definition, seldom equal the related actual results. Management consider there to be no estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4TH MAY 2023

Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Incoming resources

All incoming resources are included on the Statement of Financial Position (SOFA) when the charity is legally entitled to the income after any performance conditions have been met, the amounts can be quantified with reasonable accuracy, and it is probable the income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation unless performance conditions require deferral of the amount.

Grants income is accounted for on an accruals basis and is shown in the financial statements when the Charity earns the unconditional right to the funds. Revenue grants are credited directly to the Statement of Financial Activities and capital grants are released over the life of the asset in line with the depreciation policy. Performance related grants are recognised to the extent that the Charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met.

The value of any voluntary help received is not included in the accounts but is described in the Trustees' annual report.

Events and sponsorship income is recognised on the date the event is held.

Interest receivable

Interest on funds held on deposits is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Resources expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on charitable activities includes all costs relating to the furtherance of the Charity's objectives as stated in the Trustees report and their associated support costs. Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Governance costs comprise all costs involving public accountability of the Charity and its compliance with regulation and good practice.

There has been no offsetting of assets and liabilities, or income and expenses.

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4TH MAY 2023

Taxation

The charity is exempt from Corporation Tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

Pension costs and other post-retirement benefits

The charity operates a defined benefit pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate. There is no past service deficit liability at the year end.

Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments held within a deposit or similar account with original maturities of three months or less.

Debtors

Trade and other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any discounts due.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any discounts due.

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4TH MAY 2023

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 4th May 2023 nor the year ended 4th April 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 4th May 2023 nor for the year ended 4th April 2022.

3 DONATIONS AND LEGACIES

	Unrestricted Funds	Unrestricted Funds
	2023	2022
	£	£
Donations and gifts	66,718	54,647

POPHAM KIDNEY SUPPORT
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 4TH MAY 2023

4 CHARITABLE ACTIVITIES

	2023	2022
	£	£
Grants	89,861	135,284
Other income	-	-
	89,861	135,284
Analysis by fund:		
Unrestricted funds	500	4,082
Restricted funds	89,361	131,202
	89,861	135,284
Grants	2023	2022
	£	£
The Albert Hunt Trust	3,000	3,000
The Hospital Saturday Fund	2,000	4,000
POBL Trust	-	1,000
Postcode Community Trust	25,000	20,000
Grant Scheme	-	2,575
West Glamorgan Regional Third Sector Funding	-	15,000
Charity Shop	-	82
The Community Foundation in Wales	1,500	2,000
Groundwork	1,000	-
HMRC Job Retention Scheme	-	1,309
The National Lottery, People and Places, Medium Grant	25,424	32,256
The Moondance Foundation	18,000	18,750
TK Maxx Foundation	500	-
Swansea University	2,000	-
Austin Bailey Foundation	-	1,000
WCVA 3 rd Sector Resilience Fund	11,437	34,312
TOTAL	89,861	135,284

POPHAM KIDNEY SUPPORT
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 4TH MAY 2023

5 OTHER TRADING ACTIVITIES

	Unrestricted Funds	Unrestricted Funds
	2023	2022
	£	£
Fundraising and events	1,420	6,487
Sponsorships	-	-
Other trading activities	1,420	6,487

6 CHARITABLE ACTIVITIES

	2023	2022
	£	£
Staff costs	100,724	88,571
Printing, postage, stationery and telephone	7,989	7,464
Sundry	2,036	1,698
Marketing and PR (inc. rebrand)	7,170	5,107
Website	2,732	1,511
Insurance	2,243	1,649
IT and office equipment	4,954	6,619
Event costs	13,533	4,020
Welfare and beneficiary	31,090	30,831
Training	1,663	561
Rent, heat and light	7,400	5,818
Accountancy	2,400	-
Recruitment	1,183	1,947
	185,117	155,796
Analysis by fund		
Unrestricted funds	75,558	75,676
Restricted funds	107,559	80,120
	185,117	155,796

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 4TH MAY 2023

7 EMPLOYEES

Number of employees

The average monthly number of employees during the year was:

	2023	2022
	6	4
Employment costs	2023	2022
	£	£
Wages and salaries	100,724	88,571

There were no employees who received remuneration and benefits totalling more than £60,000 during the period.

Key management personnel

The Trustees are deemed to be the key management personnel of the Charity.

As stated above they were not remunerated during the period.

8 CREDITORS	2023	2022
	£	£
HMRC PAYE	9,952	-
Accruals	2,400	-
	12,352	-

9 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted 2023	Restricted 2023	Total 2023	Unrestricted 2022	Restricted 2022	Total 2022
	£	£	£	£	£	£
Current assets/ (Liabilities)	51,392	32,884	84,276	60,129	51,082	111,211

10 RELATED PARTY TRANSACTIONS

During the year Gemeg Accountancy provided accountancy and payroll services to the Charity, totalling £243 (2022: £200). David Bivens, the proprietor of Gemeg Accountancy, was a trustee of the Charity during the previous year.

Accounts

Charity Registration No. 1160114

**POPHAM KIDNEY SUPPORT
PREVIOUSLY KNOWN AS
PAUL POPHAM FUND, RENAL SUPPORT WALES**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4TH APRIL 2022

POPHAM KIDNEY SUPPORT

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POPHAM KIDNEY SUPPORT TRUSTEES REPORT FOR THE YEAR ENDED 4th APRIL 2022

The Trustees present their report and accounts for the year ended 4th April 2022.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016).

Aims & Objectives.

Aim

To improve the quality of life of people, including children and youths with kidney disease and their families and carers.

Objectives

1. Improve the emotional wellbeing of those effected by kidney disease in Wales.
2. Improve financial wellbeing of all those effected by kidney disease in Wales.
3. Improve the physical wellbeing of all those effected by kidney disease in Wales.
4. Improve knowledge of those effected by kidney disease through education.
5. Funding Patient and Professional Projects:
 - a. Patient grants to the value of £150 per person per annum unless exceptional circumstances
 - b. Our main Professional Project for 2021/22 was to fund the refurbishment of the Children's Kidney Centre £132,000

ACTIVITIES AND ACHIEVEMENTS

The Charity was set up in 2013 and in 2015 gained charity status. Since then, the Charity has continued to develop its aim to improve the quality of life of people, children, and youths with kidney disease in Wales and their families. Our main service is our Peer Support Service which continues to develop and evolve.

Over the last two years particularly, our Kidney Community in Wales has been through some tough times. 2020 was a shocking year with the vast spread of Coronavirus throughout the World. We had no idea, at that point how long it would be here, and if there would be a cure or if normal times would resume. In April 2021, at the start of our financial year, we had just come out of another lock down and mental wellbeing was very much on the political agenda throughout Wales, the UK and the World. Our Peer Support Service and Counselling Service became in demand.

Our aim was to develop this service throughout Wales, in 2021. Due to the virtual landscape enhanced during the pandemic we were able to deliver Peer Support in North Wales and recruit our first volunteer Peer Mentors. In 2020 our course became accredited to Agored which meant that all current and future Peer Mentors would become qualified Peer Mentors, and could use this certificate for future education. In 2021 we put our current volunteer Peer Mentors through the new course, to evaluate the course. We adapted it with their input and all new volunteers are trained via this course. The accreditation gives clinicians and peer mentees peace of mind that they have the skills and the knowledge to support patients.

As a result of the Peer Support Service, we developed group-based peer support through our Kidney Cafe initiative; activity-based peer support through our Walking for Health Group; and we developed a counselling service to support those patients who, after receiving peer support were identified as needing more emotional support. All these services were run virtually during this year. The Kidney Cafe's proved to be a great source of support, especially as our community were classed as extremely vulnerable and were concerned about the risks, guidance and vaccines during this time. They could chat to someone who understood, and they gained expert advice from health care professionals, Welsh Government and others on the guidelines that were applicable to them and the vaccines.

During this year we piloted a new initiative, an informational Kidney Café for new patients. We worked with Swansea Bay University Health Board to create a 9-session programme where new patients and their families could meet others (virtually), learn from health care professionals and Peer Mentors about various topics such as diet, pharmacy, exercise, treatment choices, wellbeing, social and financial support. It proved to be invaluable, we ran 3 programmes during this year and supported 27 new patients and their families in Swansea. It is our aim to develop this initiative further with our Peer Mentors and collaborate with health care professionals throughout Wales.

Alongside our Peer Support Service, we developed a new active group initiative called Kidney Crafters where patients could come along, again support one another but also craft together. On its launch in 2022 it supported 4 patients and will continue to develop throughout Wales. We also established a working group to develop a Transition Programme for children moving into adult services, working with our recruited Youth Peer Mentors.

During this year we continued to collaborate with the Welsh Kidney Network and charities in Wales to produce a collaborative newsletter about the guidance and services available during this time and provide webinars about similar topics. These included: *Vaccine update for kidney patients – Busting the myths* and *Covid-19 treatment options for people with kidney disease*. Also, during our collaborative meetings, we explored the possibility of setting up a patient representative group. A group of patients who could be called upon to support service development. One of our Trustees and Peer Mentors helped to establish the work plan, a working group and a terms of reference.

Alongside these services and initiatives, we continued to fund patient grants and wellbeing projects such as Newgale, Transplant Games, days out for children and their families and other projects or items clinicians requested to support patients.

We funded projects that improved the wellbeing of our community such as; Lamps for the Home Therapies Team in Morriston Hospital; Crafting Table for Children in Children Kidney

Centre ; Steddy for Haverfordwest Dialysis Unit; Games for the Children's Kidney Centre; and Water Bottles for the Children Kidney Centre.

In total we supported just under 4000 patients and their families and carers in Wales during 2021 to 2022.

During this year we employed a Support Services Co-Ordinator, Volunteer Co-Ordinator and a second new role for the Charity a Children and Youth Support Co-Ordinator. The Children & Youth Support Co-Ordinator's role was to support children and youths with kidney disease in Wales. As well as support their parents and families We also commenced discussions on a charity re-brand and we started to write a paper on how to Establish Peer Support Service.

This report highlights the impact of our work to support children, youths and adults with kidney disease plus their families in Wales during the year April 2021 to April 2022 with the support of our new team.

Financial Review

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

Total raised in the financial year 2021 to 2022 was £194,843 which is a 15% increase on 2020 to 2021 and was made up of:

- 69% Grant Funding
- 15% Community Fundraising
- 8.5% Legacy, £16486.65
- 3.5% Gift Aid, £6486.53
- 3% Corporate Support
- 1% Donations

Cost To Run the Services:

- Peer Support Services 23%
- Beneficiary Services 53%
- Running the Charity 24%
- Every £1 donated £0.76 to support children, youths and adults with kidney disease.
- Every £1 donated £0.24 goes to running the charity.

Grant Funding. We have been very fortunate to receive grant funding from regular funders and this year new funders to help our Charity support people with kidney disease lead a better quality of life:

- The National Lottery has supported the Charity with a medium sized grant from their People & Places portfolio from 2019 for three years, to support the development of our Peer Support Services.
- The Moondance Foundation has supported the Charity since the pandemic, to sustain with salary and core costs funding. As has WCVA Survive and Thrive Third Sector Resilience Funding.
- Austin Bailey, Hospital Saturday Fund and Albert Hunt have funded the Charity for a number of years on various projects.
- New Funders for 2021 were Pobl, Postcode Community Lottery and West Glamorgan Regional Partnership, all three have supported the development of our Children and Youth Services.
- We have also worked with Pear Foundation to help us develop our applications to Grant Funders out of Wales.

Future

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

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

Structure, governance, and management

On the 23 January 2015, the Charity became a Charitable Incorporated Organisation. The Charity is governed by CIO Foundation governing document.

Trustees are appointed to the board through advertisement and referral from current Trustees.

Trustees receive an induction pack when they are appointed to the board which contains documents such as code of conduct, governing document, Trustee guidance, prior year financial statements and budgets and details of the Charity's strategy.

Reference and administration details of the Charity

Registered company number: - 1160114

Trustees Annual Report for the year ended 4th April 2022

The Trustees Present the Report and Accounts for the year ended 4th April 20212

Reference and administrative details

The legal name of the Charity is Popham Kidney Support.

The Charity operates in England & Wales and is registered with the Charity Commission, number 1160114.

The legal structure of the Charity is that of CIO (Charitable Incorporated Organisation), registered under the Charity Commission in England & Wales and its governing document is a written constitution.

The Trustees are all individuals.

The principal operating address, telephone number and email and web addresses of the Charity are:

11 Tawe Business Village

Llansamlet

Swansea

SA7 9LA

0333 200 1285

enquiries@pophamkidneysupport.org.uk

www.pophamkidneysupport.org.uk

TRUSTEES IN OFFICE

All Trustees who served during the year or between the year end and this report being approved were individuals.

This report was approved on the 2nd February 2023.

The Trustees who served in this reporting period were:

Ms L D Orton (Chair)

Mr R Sheffield (Vice Chair)

Mr J Turner

Mr M P Popham

Ms N Matthews

Ms P M Turner

Dr R Shrivastava

Mr D Fellowes

Mr D Bivens

Dr A Mikhail

Ms H Isaac

The Trustees who served as a Trustee in the reporting period were as shown above and there were no other changes during the year.

All the Trustees are members of the Charity.

POPHAM KIDNEY SUPPORT STATEMENT OF TRUSTEE RESPONSIBILITIES FOR THE YEAR ENDED 4th APRIL 2022

The Trustees are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources of the Charity for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the Charity and financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions

POPHAM KIDNEY SUPPORT INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF POPHAM KIDNEY SUPPORT

I report to the Trustees on my examination of the financial statements of Popham Kidney Support (the Charity) for the year ended 4th April 2022.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the Charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the Charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

David Bivens MAAT
GEMEG Accountancy
94 Brynymor Road
Gowerton
Swansea
SA4 3EZ

POPHAM KIDNEY SUPPORT
STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND
EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 4th APRIL 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
Income from:							
Donations and legacies	3	53,072	-	53,072	31,833	-	31,833
Charitable activities	4	4,082	131,202	135,284	58,286	79,191	137,477
Other trading activities	5	6,487	-	6,487	165	-	165
Investments	6				-	-	-
Total income		63,641	131,202	194,843	90,284	79,191	169,475
Expenditure on:							
Charitable activities	7	66,120	80,120	146,240	29,783	79,191	169,475
Net income/(expenditure) for the year/ Net movement in funds							
		(2,479)	51,082	48,603	60,501	-	60,501
Fund balances at 5 April 2021		70,589	-	70,589	10,088	-	10,088
Fund balances at 4 April 2022		68,110	51,082	119,192	70,589	-	70,589

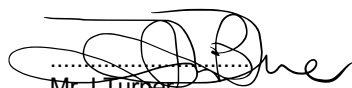
The statement of financial activities includes all gains and losses recognised in the year.

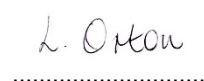
All income and expenditure derive from continuing activities.

POPHAM KIDNEY SUPPORT BALANCE SHEET AS AT 4th APRIL 2022

		2022		2021	
	Notes	£	£	£	£
Current assets					
Debtors	11	-	-	-	-
Cash at bank and in hand		119,192		70,589	
		119,192		70,589	
Creditors: amounts falling due within one year					
	12	-		-	
Net current assets/(liabilities)					
Income funds					
Restricted funds	13		51,082		
Unrestricted funds			68,110		70,589
			119,192		70,589

The financial statements were approved by the Trustees on


.....
Mr J Turner
Secretary


.....
Ms L D Orton
Chair

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4th APRIL 2022

1 Accounting policies

Charity information Popham Kidney Support is a charitable incorporated organisation. The principal office is 11 Tawe Business Village, Llansamlet, Swansea, SA7 9LA.

1.1 Accounting convention

The accounts have been prepared in accordance with the Charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have been prepared with early application of the FRS 102 Triennial Review 2017 amendments in full.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The accounts are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Incoming resources

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount.

In the case of performance related grants, income must only be recognised to the extent that the Charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met.

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4th APRIL 2022

1 Accounting policies (Continued)

The value of any voluntary help received is not included in the accounts but is described in the Trustees' annual report.

Events and sponsorship income is recognised on the date the event is held.

1.5 Resources expended

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure on charitable activities includes all costs relating to the furtherance of the Charity's objectives as stated in the Trustees report and their associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Governance costs comprise all costs involving public accountability of the Charity and its compliance with regulation and good practice.

There has been no offsetting of assets and liabilities, or income and expenses.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less.

1.7 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Derecognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the Charity transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4th APRIL 2022

1 Accounting policies (Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and are initially recognised at transaction price. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted Funds	Unrestricted Funds
	2022 (£)	2021 (£)
Donations and gifts	53,072	31,833

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4th APRIL 2022

4 Charitable activities

	2022 (£)	2021 (£)
Grants	135,284	137,477
Other income		-
	135,284	137,477
Analysis by fund		
Unrestricted funds	4,082	58,286
Restricted funds	131,202	79,191
	135,284	137,477

Grants	2022	2021
The Albert Hunt Trust	3,000	
The Hospital Saturday Fund	4,000	
POBL Trust	1,000	
Postcode Community Trust	20,000	
Swansea Council Voluntary Services Children And Young People's Emotional Wellbeing Grant Scheme	2,575	
West Glamorgan Regional Third Sector Funding 15,000		
Charity Shop	82	14
The Community Foundation in Wales	2,000	2,000
Groundwork		1,000
HMRC Job Retention Scheme	1,309	16,917
The National Lottery, People and Places, Medium Grant	32,256	29,138
The Moondance Foundation	18,750	11,600
Neath Port Talbot Council		3,700
Swansea Council		5,344
Austin Bailey Foundation	1,000	1,200
The Hobson Charity		500
Voluntary Sector		56,064
Welsh Government		10,000
WCVA 3 rd Sector Resilience Fund	34,312	
TOTAL	135,284	137,477

POPHAM KIDNEY SUPPORT
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 4th APRIL 2022

5 Other trading activities

	Unrestricted Funds 2022 (£)	Unrestricted Funds 2021 (£)
Fundraising and events	6487	165
Sponsorships	-	-
Other trading activities	6487	165

6 Investments

	Unrestricted Funds 2022 (£)	Unrestricted Funds 2021 (£)
Interest receivable	-	-

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4th APRIL 2022

7 Charitable activities

	2022 (£)	2021 (£)
Staff costs	88,571	56,639
Printing, postage, stationery and telephone	5,986	1,113
Sundry	1,587	712
Marketing and PR (inc rebrand)	5,107	4,585
Website	1,511	1,610
Insurance	1,649	1,691
IT and office equipment	6,619	4,546
Event costs	3,361	348
Welfare and beneficiary	23,523	28,805
Training	561	90
Rent, heat and light	5,818	4,700
Bank Charges	-	-
Website	-	3,924
Recruitment	1,947	211
	146,240	108,974
Share of governance costs (see note 8)	-	-
Analysis by fund		
Unrestricted funds	66,120	79,191
Restricted funds	80,120	29,783
	146,240	108,974

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4th APRIL 2022

8 Support costs

	Support Costs (£)	Governance Costs (£)	2022 (£)	Support Costs (£)	Governance Costs (£)	2021 (£)
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Independent examination fees -	-	-	-	-	-	-
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Analysed between

Charitable activities	-	-	-	-	-	-
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No governance costs were incurred in this period.

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

No Trustees were reimbursed for expenses incurred during the period.

10 Employees

Number of employees

The average monthly number of employees during the year was:

	2022	2021
	4	3
Employment costs	2022 (£)	2021 (£)

Wages and salaries	86,714	56,639
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There were no employees who received remuneration and benefits totalling more than £60,000 during the period.

Key management personnel

The Trustees are deemed to be the key management personnel of the Charity.

As stated above they were not remunerated during the period.

POPHAM KIDNEY SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 4th APRIL 2022

11 Debtors

	2022 (£)	2021 (£)
Amounts falling due within one year:		
Prepayments and accrued income	-	-

12 Creditors

	2022 (£)	2021 (£)
Amounts falling due within one year		
Other taxation and social security	-	-
Accruals and deferred income	-	-

13 Analysis of net assets between funds

	Unrestricted 2022	Restricted 2022	Total 2022	Unrestricted 2021	Restricted 2021	Total 2021
	£	£	£	£	£	£
Current assets/ (Liabilities)	68,110	51,082	119,192	70,589	-	70,589

14 Related party transactions

There were no disclosable related party transactions during the current or prior year.

Accounts

Charity Registration No. 1160114

PAUL POPHAM FUND, RENAL SUPPORT WALES

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 5TH APRIL 2021

PAUL POPHAM FUND, RENAL SUPPORT WALES

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PAUL POPHAM FUND, RENAL SUPPORT WALES TRUSTEES REPORT FOR THE YEAR ENDED 5th APRIL 2021

The Trustees present their report and accounts for the year ended 5th April 2021.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016).

Aims & Objectives.

Aim

To provide all Kidney Patients in Wales with a better quality of life.

Mission

The aim of the Paul Popham Fund, is to provide children, youths and adults with kidney disease in Wales and their families with a better quality of life by improving their emotional, medical, physical and financial wellbeing and knowledge through education.

Vision

Work in partnership with the NHS, providing educational and psychosocial support alongside clinicians, that supports the treatment and lifestyle options of people with kidney disease to improve their prognosis and quality of life. This is achieved through clear objectives

1. Improve the emotional wellbeing of all those affected by kidney disease in Wales
2. Improve the financial wellbeing of all those affected by kidney disease in Wales
3. Improve the physical wellbeing of all those affected by kidney disease in Wales
4. Improve the knowledge of those affected by kidney disease through education
5. Funding patient and professional projects that achieve our aim

ACTIVITIES AND ACHEIVEMENTS

EMOTIONAL WELLBEING

Peer Support Services & The Careline

2020/2021 has been a difficult and challenging year for everyone including the Paul Popham Fund, Renal Support Wales. While it has been challenging there has also been development and achievement of the Charity's aims beyond expectations. As with most charities in the third sector we have had to adapt our services to support our beneficiaries during the pandemic; in adapting our services we have also been able to develop them to support even more people with kidney disease, these developments will be carried on post Covid-19. The Charity's Careline was manned by the Charity's Support Services Co-ordinator prior to Covid-19.

In response to the pandemic, we asked our Peer Mentor Team who are volunteers with kidney disease (who were themselves shielding) to run the Careline, so we were still able to continue to provide the Peer Support Service increasing its accessibility. Between April to December the Careline took 61 calls that resulted in the following key themes:

1. Patients who did not receive their shielding letter, wanting to know when they will receive their letter, where do they get this letter from
2. Confusion from patients not knowing if they should shield or not
3. Help with shopping/essentials. We as a Charity set up a voluntary service to support this need and also help with delivery of prescriptions
4. Parents wanting advice on whether to send their shielding child back to school and their non-shielding children back to school
5. Non Covid Health Services, when will other medical services resume
6. When can/will a shielding person go back to work
7. Can an employer request a shielded person to go back to work
8. Can a person living with a shielding person go back to work
9. If a shielding person is going back to work what risk assessment should they or their employer carry out and should they wear PPE, if so, what should that be
10. Shielding patients, the longer they are being asked to shield, the more anxious they are getting about going out
11. What precautions should shielding patients take when going out for their daily exercise
12. Should shielding family members wear face masks when visiting them
13. Is it safe to visit family and to go to shops / Are there any precautions family members should take when going out and what precautions should the shielding person take
14. Will the vaccine be suitable for people with kidney disease/on dialysis/transplant recipient
15. When will shielding patients be given the vaccine
16. Questions about Brexit, will reciprocal healthcare arrangements be available in EU countries
17. Holidays, when will I be able to travel within and out of this country
18. The weekly food parcels do not cater for diets/restrictions of our cohort. (As a Charity we have provided supermarket vouchers to those in financial hardship). Could food vouchers be provided instead of food parcels
19. When will transplants resume
20. Patients needing financial assistance due to being furloughed, made redundant, not had their benefits
21. Financial support and advice
22. Vaccine clarity

At the start of 2021 we introduced a new telephone service which supports the remote operation of the Careline including the Charity's main telephone line. This has increased the accessibility of the Charity's services more effectively. The Careline will continue to be run by the Volunteer Peer Mentors.

Prior to 2020 the Charity's Peer Support Service was successfully provided to Cardiff and Vale Health Board along with West and Mid Wales. The Charity's future aim was to develop this in North Wales. Due to the virtual digital accessibility during Covid, the Charity has been able to develop the service in North Wales, by promoting the Careline through a collaborative newsletter (further details later in this report). The Charity has also been able to develop the service to train and provide parents and carers with Peer Mentoring and have also trained youths to become Peer Mentors with the aim of developing services to support children and youth.

At the start of 2020 there was a total of 14 Peer Mentors across South West and East Wales. During 2020 the Charity ran 3 Peer Mentor Courses, 1 prior to the pandemic and 2 virtually during the pandemic. This resulted in a total of 6 new Peer Mentors added to the team; we sadly lost a Peer Mentor at the start of 2020. At the end of 2021, we had 19 peer mentors.

Prior to the pandemic we were due to launch a Home Therapies Kidney Café, for patients who dialysed at home and for those interested in dialysing at home. This was due to launch in May 2020, it was put on hold and will be established in 2021. Under the Kidney Café initiative we developed an education and support programme for new patients, this will be piloted in April 2021 with a view to rolling out throughout Wales and becoming part of the patient pathway.

In 2020 we created an emergency fund for patients; this is now an established fund available for patients at the point of need. Patients can apply for a grant up to £150, more will be awarded for exceptional circumstances. We created a Grant Committee so that grants are dealt with and responded to in the manner they warrant. We have funded 19 grant applications during this period.

In July 2019 we supported a team of over 30 transplant patients to take part in the British Transplant Games that took place in Wales. It was a pleasure to support them and be involved in the team organisation. We were due to support the 2020 games which were postponed to 2021, we will continue to support this initiative.

A number of other activities were completed during the 2020/2021 year including a "Walking 4 Health" group organised by a peer mentor raising funds for the Charity.

During the year, literature was created and distributed to dialysis units, patients and their families to support them during the pandemic, with further information readily available on the charity website and available to over 850 patients and their families.

The Charity funded and delivered afternoon tea boxes to Morriston Renal Unit to lift the spirits of patients during the pandemic.

Due to the pandemic, many activities were postponed with provisional dates set in the calendar once the restrictions allow us to do so.

Financial Review

- 30% of the Charity's income goes directly to supporting the kidney community in Wales;
- In the financial year 2020/2021, income increased by 85%;
- 13.62% of our income was generated from community fundraising that included:
 - Sponsorship: Many events were postponed but individuals challenged themselves and raised funds for our cause;
 - Partnership with the Paul Popham Running Club: the club organisers were unable to meet for many months during the year and as a result many events were postponed but we still managed to secure donations from the Running Club;
 - This year a local charity golf tournament raised money for our cause for a third year and aims to support us again in 2021, raising £6000.00;
- 81.11 % of our income came from Grants: People & Places, National Lottery Medium size Grant for 3 years, WCVA Voluntary Resilience Fund, Swansea Council Voluntary Services, Community Fund for Wales, The Austin Bailey Foundation, Tesco Bag Help, The Moondance Foundation, Welsh Government Covid Grant, Neath Port Talbot Mental Health Grant and Hobson Charity.
- 2.35% came from corporate support, including Falck our corporate partner.
- 2.09% from donations and legacy
- 0.83% came from gift-aid and our Charity shop

Future

Our goals for 2020 to 2021 changed with the pandemic. Our aim was to develop the Peer Support Service in North Wales in 2022/2023, as a result of the new virtual landscape we have been able to support patients in North Wales earlier and to recruit and train a Peer Mentor. Our goals for 2021 to 2022 are:

- Recruit, train, manage & maintain a team of 30 volunteer Peer Mentors in Wales
- Promote, offer and provide Peer Support Services throughout Wales to support over 3000 patients with direct Peer Support through One to One Peer Mentoring, Careline telephone support, Dialysis Unit visits
- Develop, promote and provide Kidney Café's, Post Transplant, Parents & Carers, Information & Support for New Patients, Home Therapies, with the aim of supporting in excess of 1000 people with kidney disease and their families and friends
- Develop our Children & Youth Services to support 850 children and youths with kidney disease and their families and friends by offering, providing and developing 10 Youth Peer Mentors throughout Wales, Graduation Kidney Café - an education programme for children and youths moving from children to adult services, A series of workshops, group activities for children and youths of all ages, KIDS Newsletter
- Support our kidney community through the pandemic by providing information and education through our collaborative projects Patient Conferences, Newsletter
- To develop our Counselling Service to support over 100 patients needing more emotional support and recruiting a team of 8 volunteer and sessional counsellors
- Develop a buddy and befriending service for those who are isolated and lonely
- To achieve our target of raising £132k for the refurbishment of the Children's Kidney Centre

Structure, governance and management

On the 23 January 2015, the Charity became a Charitable Incorporated Organisation. The Charity is governed by CIO Foundation governing document.

Trustees are appointed to the board through advertisement and referral from current Trustees.

Trustees receive an induction pack when they are appointed to the board which contains documents such as code of conduct, governing document, Trustee guidance, prior year financial statements and budgets and details of the Charity's strategy.

Reference and administration details of the Charity

Registered company number:- 1160114

Trustees Annual Report for the year ended 5th April 2021

The Trustees Present the Report and Accounts for the year ended 5th April 2021.

Reference and administrative details

The legal name of the Charity is PAUL POPHAM FUND, RENAL SUPPORT WALES.

The Charity operates in England & Wales and is registered with the Charity Commission, number 1160114.

The legal structure of the Charity is that of CIO (Charitable Incorporated Organisation), registered under the Charity Commission in England & Wales and its governing document is a written constitution.

The Trustees are all individuals.

The principal operating address, telephone number and email and web addresses of the Charity are:

11 Tawe Business Village
Llansamlet
Swansea
SA7 9LA

0333 200 1285

enquiries@paulpophamfund.co.uk

www.paulpophamfund.co.uk

TRUSTEES IN OFFICE

All Trustees who served during the year or between the year end and this report being approved were individuals.

This report was approved on the 27th January 2022.

The Trustees who served in this reporting period were:

Ms L D Orton (Chair)
Mr R Sheffield (Vice Chair)
Ms C Popham
Ms C A Popham
Mr M P Popham
Ms N Matthews
Ms P M Turner
Dr R Shrivastave
Mr D Fellowes
Mr D Bivens

The Trustees who served as a Trustee in the reporting period were as shown above and there were no other changes during the year.

All the Trustees are members of the Charity.

PAUL POPHAM FUND, RENAL SUPPORT WALES

STATEMENT OF TRUSTEE RESPONSIBILITIES

FOR THE YEAR ENDED 5th APRIL 2021

The Trustees are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources of the Charity for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the Charity and financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions

PAUL POPHAM FUND, RENAL SUPPORT WALES INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PAUL POPHAM FUND, RENAL SUPPORT WALES

I report to the Trustees on my examination of the financial statements of Paul Popham Fund, Renal Support Wales (the Charity) for the year ended 5th April 2021.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the Charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the Charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

David Bivens MAAT
GEMEG Accountancy
94 Brynymor Road
Gowerton
Swansea
SA4 3EZ

PAUL POPHAM FUND, RENAL SUPPORT WALES
STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND
EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 5th APRIL 2021

		Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
	Notes						
Income from:							
Donations and legacies	3	31,833	-	31,833	27,704	-	27,704
Charitable activities	4	58,286	79,191	137,477	3,259	51,789	55,048
Other trading activities	5	165	-	165	8,557	-	8,557
Investments	6				-	-	-
Total income		90,284	79,191	169,475	39,520	51,789	91,309
Expenditure on:							
Charitable activities	7	29,783	79,191	108,974	30,030	51,789	81,819
Net income/(expenditure) for the year/ Net movement in funds							
		60,501	-	60,501			9,490
Fund balances at 1 April 2020		10,088	-	10,088	598	-	598
Fund balances at 5 April 2021		70,589	-	70,589	10,088	-	10,088

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

PAUL POPHAM FUND, RENAL SUPPORT WALES
BALANCE SHEET
AS AT 5th APRIL 2021

		2021		2020	
	Notes	£	£	£	£
Current assets					
Debtors	11	-	-	-	-
Cash at bank and in hand		70,589		10,088	
		70,589		10,088	
Creditors: amounts falling due within one year					
	12	-		-	
Net current assets/(liabilities)					
Income funds					
Restricted funds	13				
Unrestricted funds			70,589		10,088
			70,589		10,088

The financial statements were approved by the Trustees on

.....
Mr J Turner
Secretary

.....
Ms L D Orton
Chair

PAUL POPHAM FUND, RENAL SUPPORT WALES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 5th APRIL 2021

1 Accounting policies

Charity information Paul Popham Fund, Renal Support Wales is a charitable incorporated organisation. The principal office is 11 Tawe Business Village, Llansamlet, Swansea, SA7 9LA.

1.1 Accounting convention

The accounts have been prepared in accordance with the Charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have been prepared with early application of the FRS 102 Triennial Review 2017 amendments in full.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The accounts are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Incoming resources

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount.

In the case of performance related grants, income must only be recognised to the extent that the Charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met.

PAUL POPHAM FUND, RENAL SUPPORT WALES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 5th APRIL 2021

1 Accounting policies (Continued)

The value of any voluntary help received is not included in the accounts but is described in the Trustees' annual report.

Events and sponsorship income is recognised on the date the event is held.

1.5 Resources expended

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure on charitable activities includes all costs relating to the furtherance of the Charity's objectives as stated in the Trustees report and their associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Governance costs comprise all costs involving public accountability of the Charity and its compliance with regulation and good practice.

There has been no offsetting of assets and liabilities, or income and expenses.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less.

1.7 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Derecognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the Charity transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

PAUL POPHAM FUND, RENAL SUPPORT WALES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 5th APRIL 2021

1 Accounting policies (Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and are initially recognised at transaction price. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted Funds	Unrestricted Funds
	2021 (£)	2020 (£)
Donations and gifts	31,833	27,704

PAUL POPHAM FUND, RENAL SUPPORT WALES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 5th APRIL 2021

4 Charitable activities

	2021 (£)	2020 (£)
Grants	137,477	55,048
Other income		-
	137,477	55,048
Analysis by fund		
Unrestricted funds	58,286	3,259
Restricted funds	79,191	51,789
	137,477	55,048

Grants

Awards for All		9,700
People and Places		34,089
The Albert Hunt Trust		3,000
The Foyle Foundation		3,000
Hospital Saturday Fund		2,000
Swansea Churches		3,211
Charity Shop	14	48
The Community Foundation in Wales	2,000	
Groundwork	1,000	
HMRC Job Retention Scheme	16,917	
Main Grants	29,138	
Moondance Foundation	11,600	
Neath Port Talbot Council	3,700	
Swansea Council	5,344	
The Austin Bailey Foundation	1,200	
The Hobson Charity	500	
Voluntary Sector	56,064	
Welsh Government	10,000	
	137,477	55,048

PAUL POPHAM FUND, RENAL SUPPORT WALES
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 5th APRIL 2021

5 Other trading activities

	Unrestricted Funds 2021 (£)	Unrestricted Funds 2020 (£)
Fundraising and events	165	8,042
Sponsorships	-	515
Other trading activities	165	8,557

6 Investments

	Unrestricted Funds 2021 (£)	Unrestricted Funds 2020 (£)
Interest receivable	-	-

PAUL POPHAM FUND, RENAL SUPPORT WALES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 5th APRIL 2021

7 Charitable activities

	2021 (£)	2020 (£)
Staff costs	56,639	44,540
Printing, postage and stationery	1113	1,091
Sundry	712	51
Marketing and PR	4585	1,034
Telephone and website	1610	1,098
Insurance	1691	1,845
IT and office equipment	4546	746
Event costs	348	6,801
Welfare and beneficiary	28805	19,534
Training	90	110
Rent	4700	4,620
Bank Charges		349
Website	3924	
Recruitment	211	
	108,974	81,819
Share of governance costs (see note 8)	-	-
Analysis by fund		
Unrestricted funds	79,191	30,030
Restricted funds	29,783	51,789
	108,974	81,819

PAUL POPHAM FUND, RENAL SUPPORT WALES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 5th APRIL 2021

8 Support costs

	Support Costs (£)	Governance Costs (£)	2021 (£)	Support Costs (£)	Governance Costs (£)	2020 (£)
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Independent examination fees -	-	-	-	-	-	-
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Analysed between

Charitable activities	-	-	-	-	-	-
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No governance costs were incurred in this period.

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

No Trustees were reimbursed for expenses incurred during the period.

10 Employees

Number of employees

The average monthly number of employees during the year was:

	2021	2020
	4	3
Employment costs	2021 (£)	2020 (£)

Wages and salaries	56,639	44,540
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There were no employees who received remuneration and benefits totalling more than £60,000 during the period.

Key management personnel

The Trustees are deemed to be the key management personnel of the Charity.

As stated above they were not remunerated during the period.

PAUL POPHAM FUND, RENAL SUPPORT WALES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 5th APRIL 2021

11 Debtors

	2021 (£)	2020 (£)
Amounts falling due within one year:		
Prepayments and accrued income	-	-

12 Creditors

	2021 (£)	2020 (£)
Amounts falling due within one year		
Other taxation and social security	-	-
Accruals and deferred income	-	-

13 Analysis of net assets between funds

	Unrestricted 2021	Restricted 2021	Total 2021	Unrestricted 2020	Restricted 2020	Total 2020
	£	£	£	£	£	£
Current assets/ (Liabilities)	70,589	-	70,589	10,088	-	10,088

All funds held at the 5th April 2021 were unrestricted with all restricted funds being expended within the year on the projects they had been allocated for.

14 Related party transactions

There were no disclosable related party transactions during the current or prior year.