

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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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.

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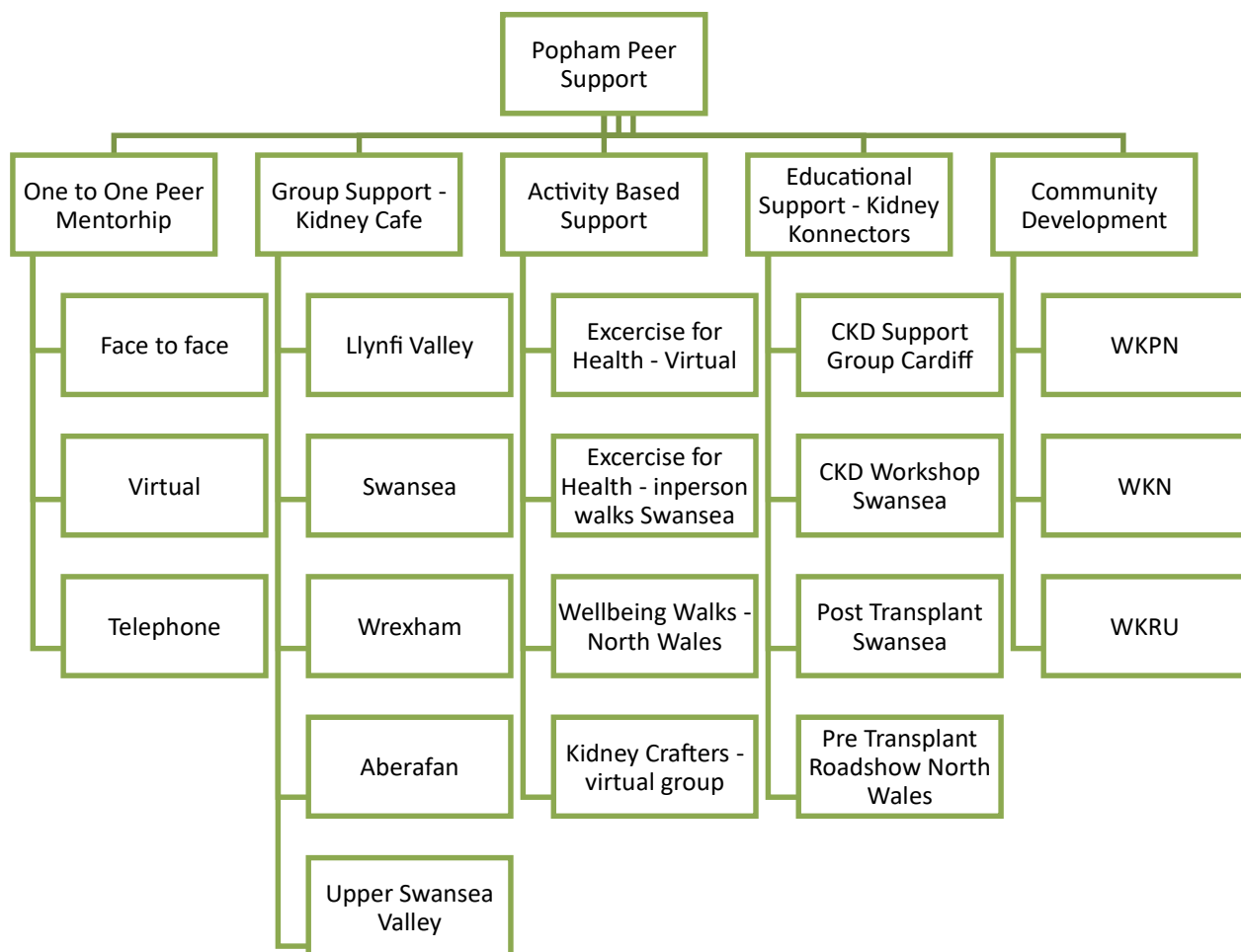
ACTIVITIES AND ACHIEVEMENTS

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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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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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:

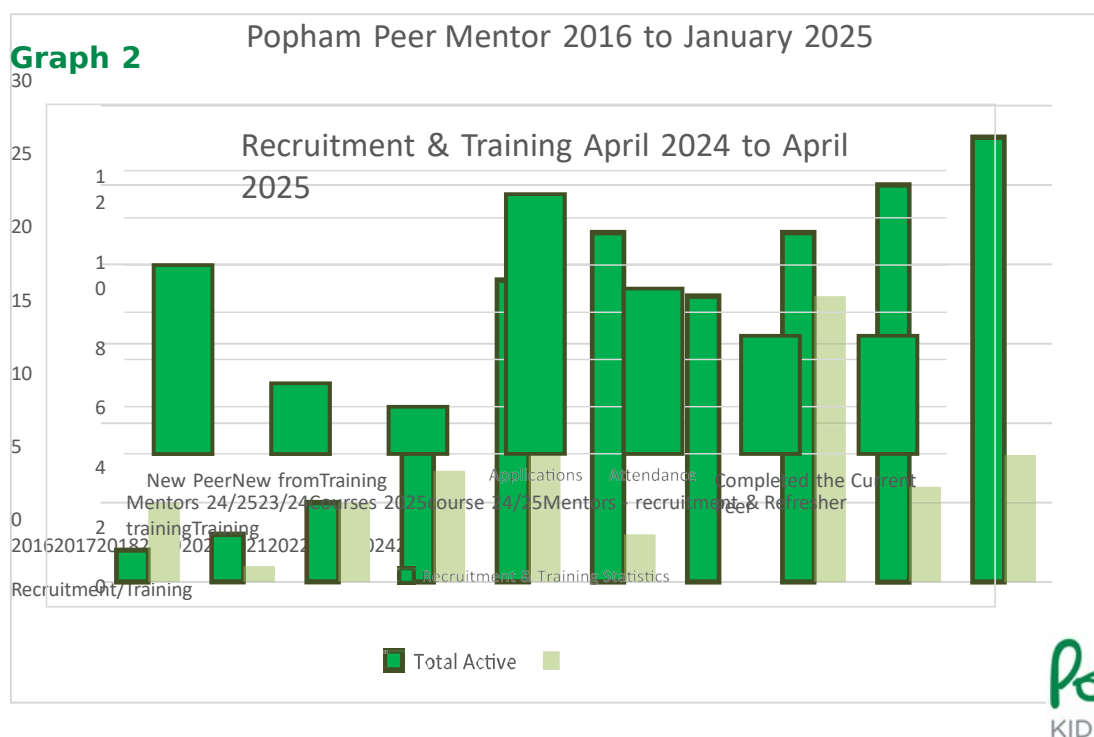
- Re-introduced Unit Visits - where ae Popham Peer Mentor visit dialysis Units throughout Wales to raise awareness of our services, offer support to our community and recruit volunteers
- Created marketing material that advertises that we are looking to recruit a broader cross section of our community 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

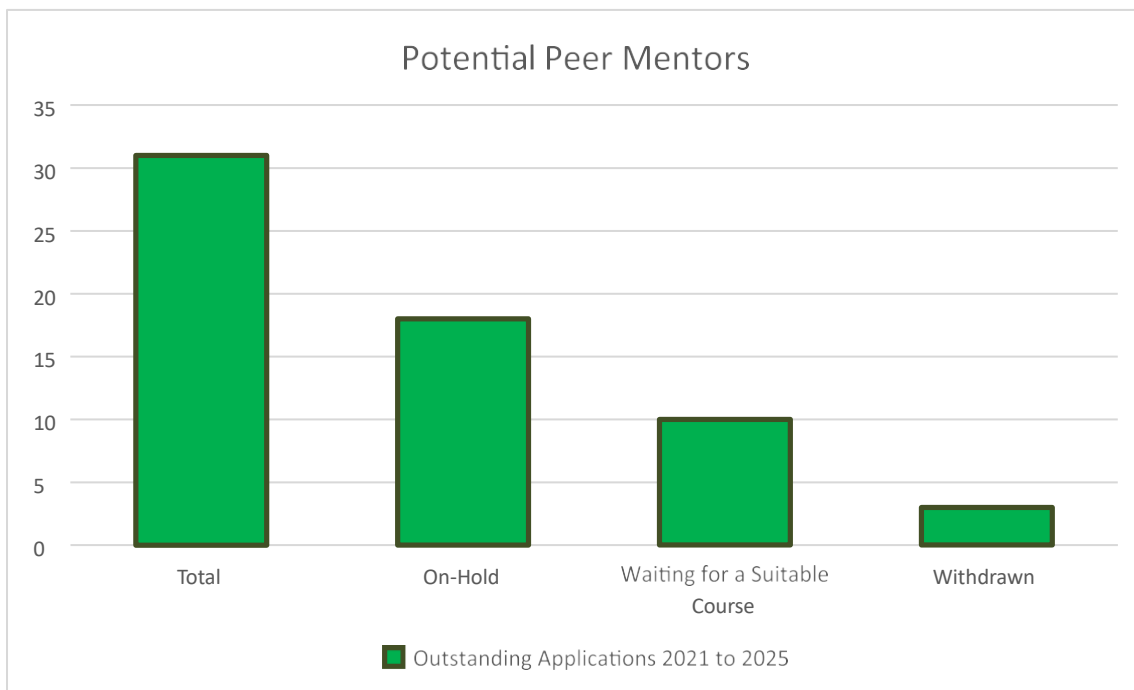


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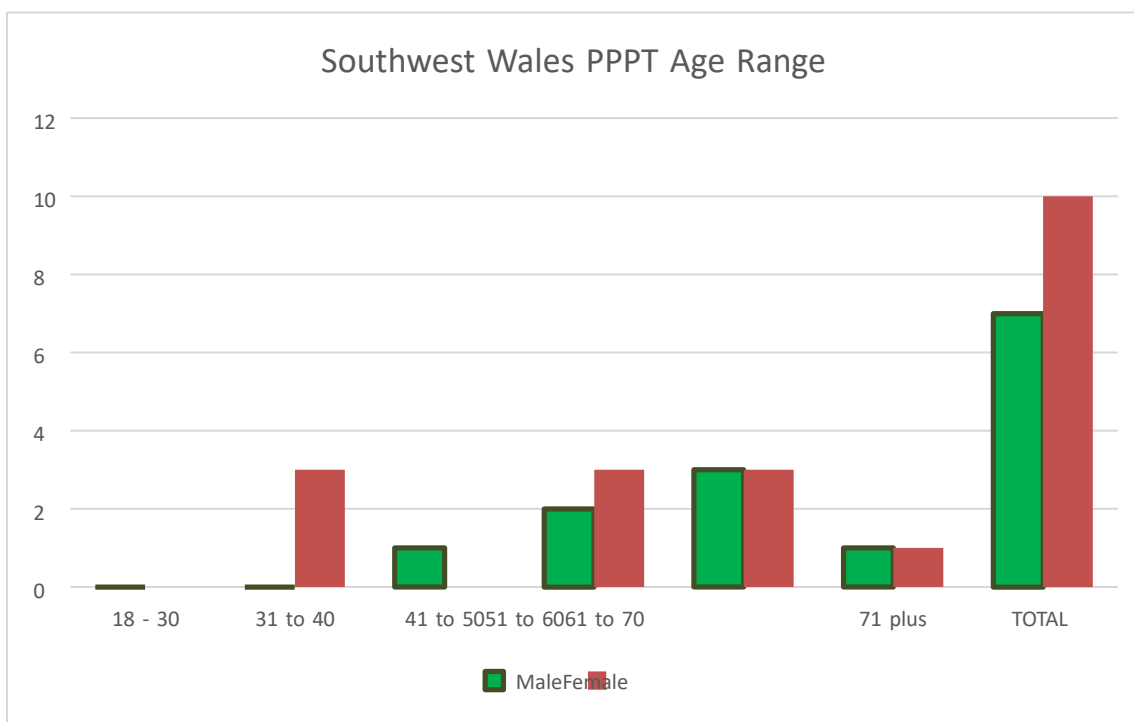
Graph 3



Skills Audit

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

SASW 1

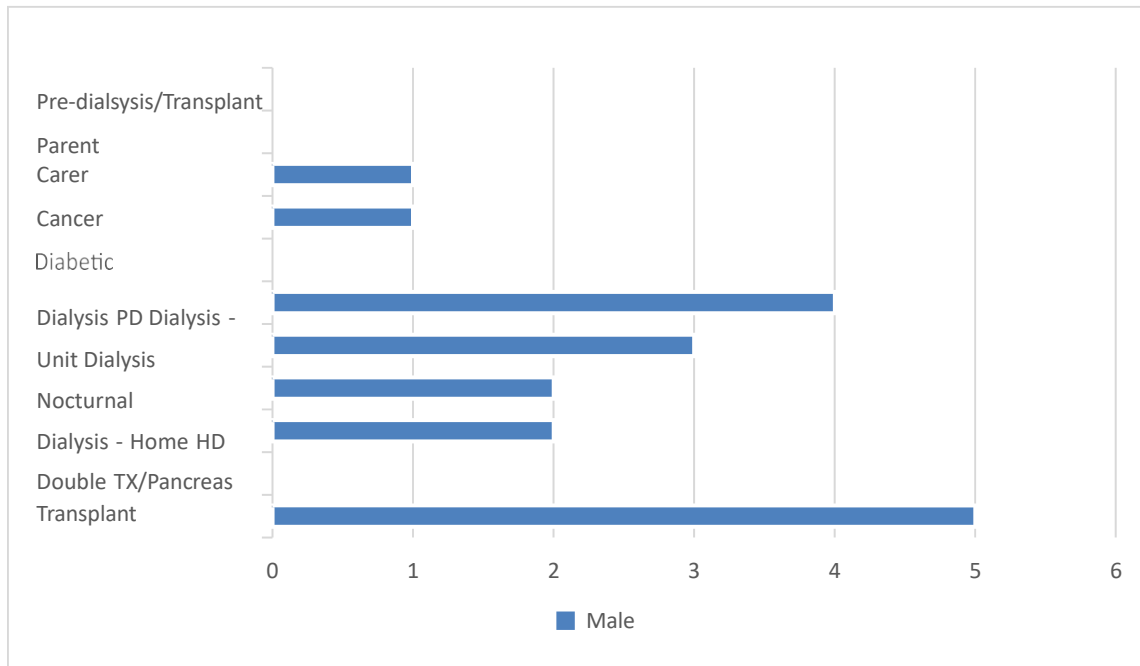


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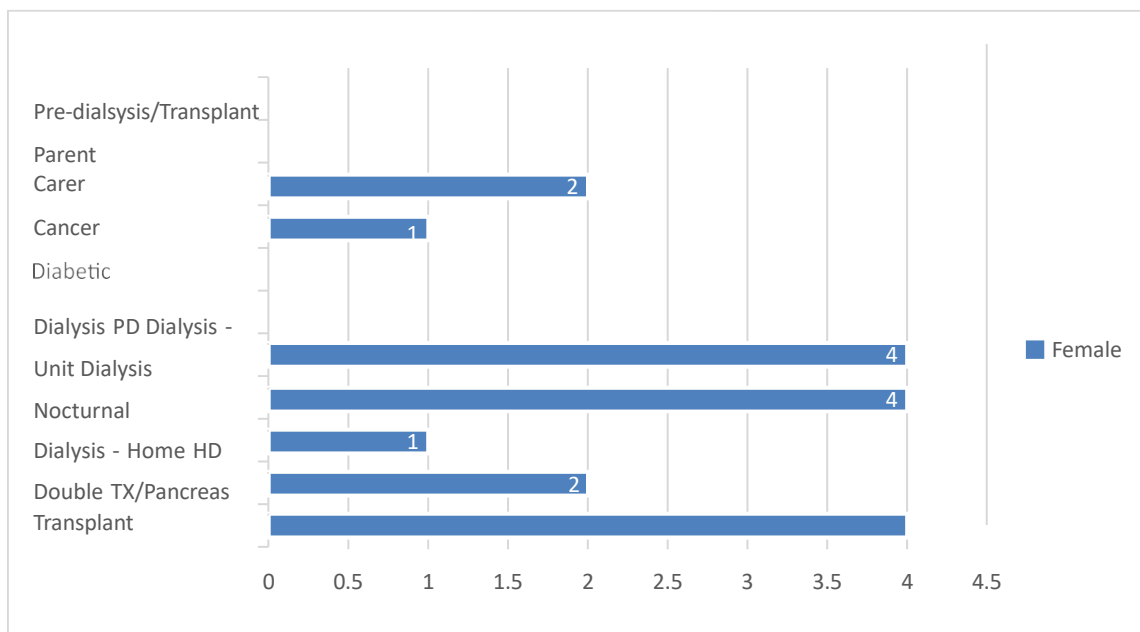
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SASW 2



SASW 3



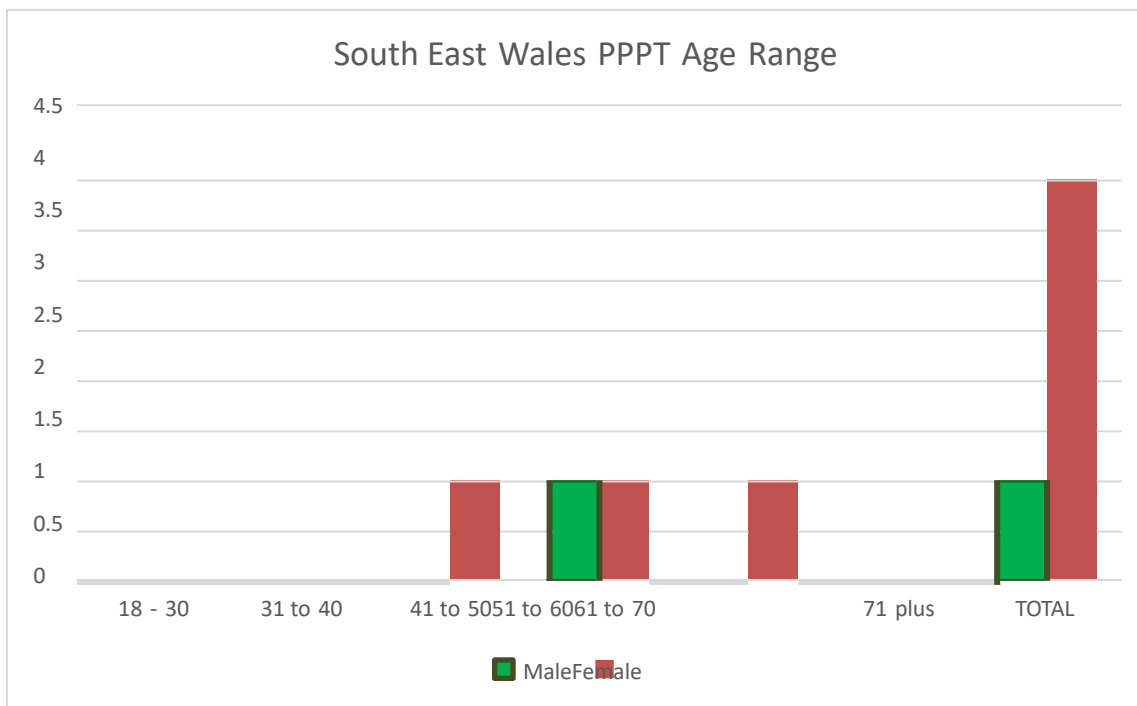
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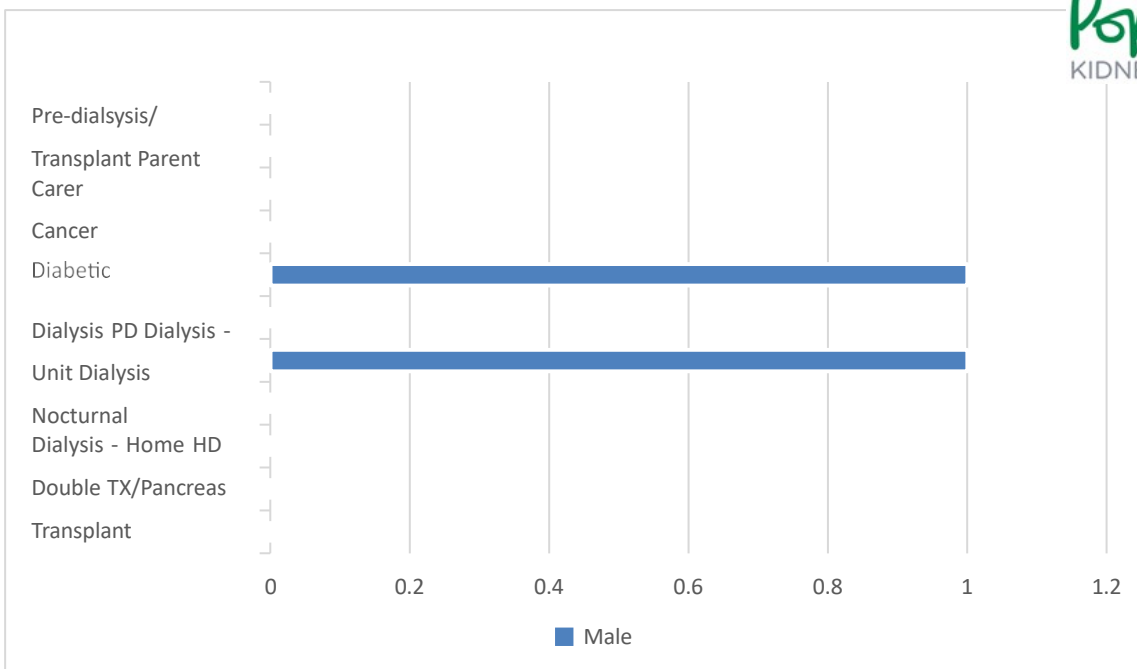
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South East Wales - Volunteer Popham Peer Mentor Team (PPMT)

SASE 1



SASE 2

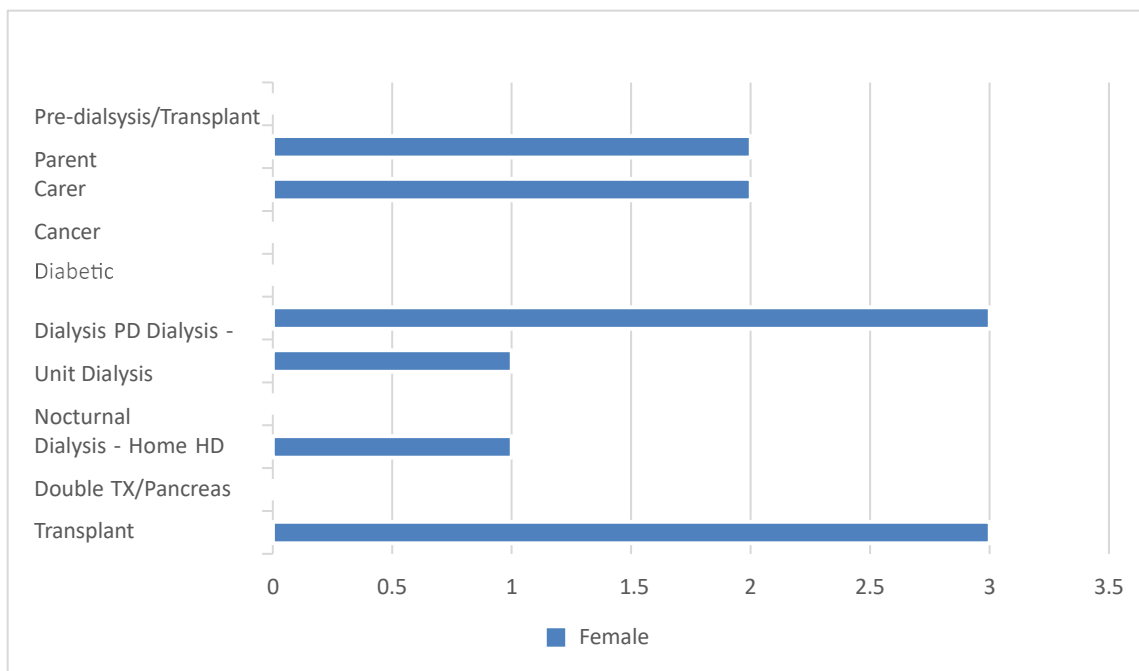


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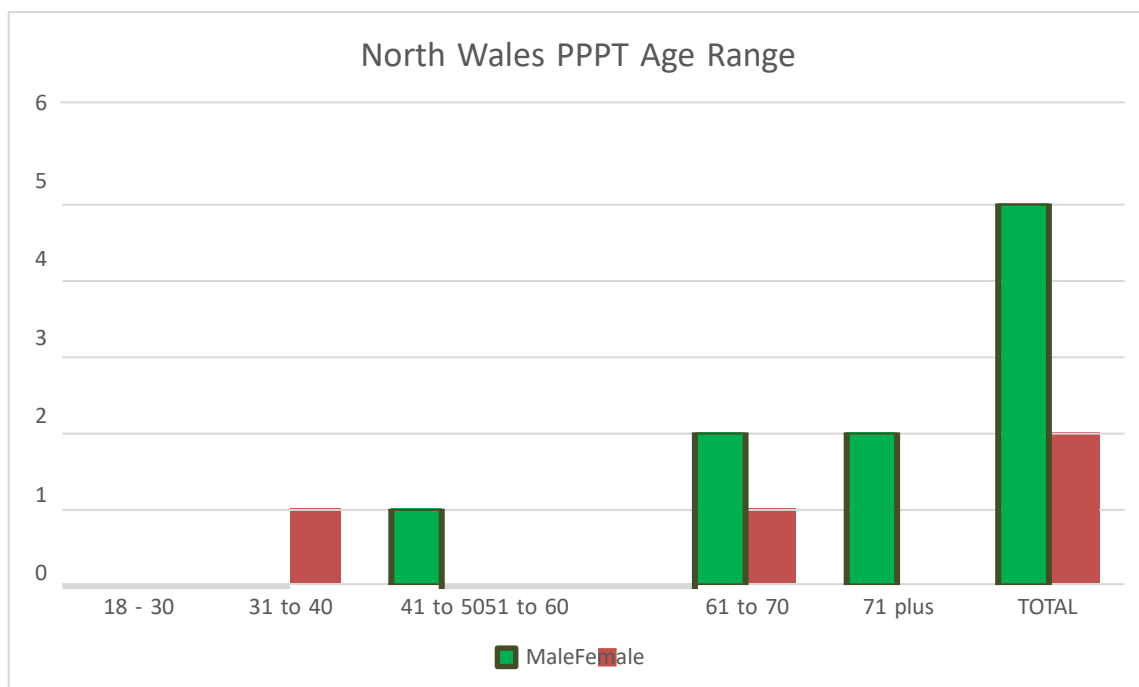
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SASE 3



North Wales - Volunteer Popham Peer Mentor Team (PPMT)

SAN 1

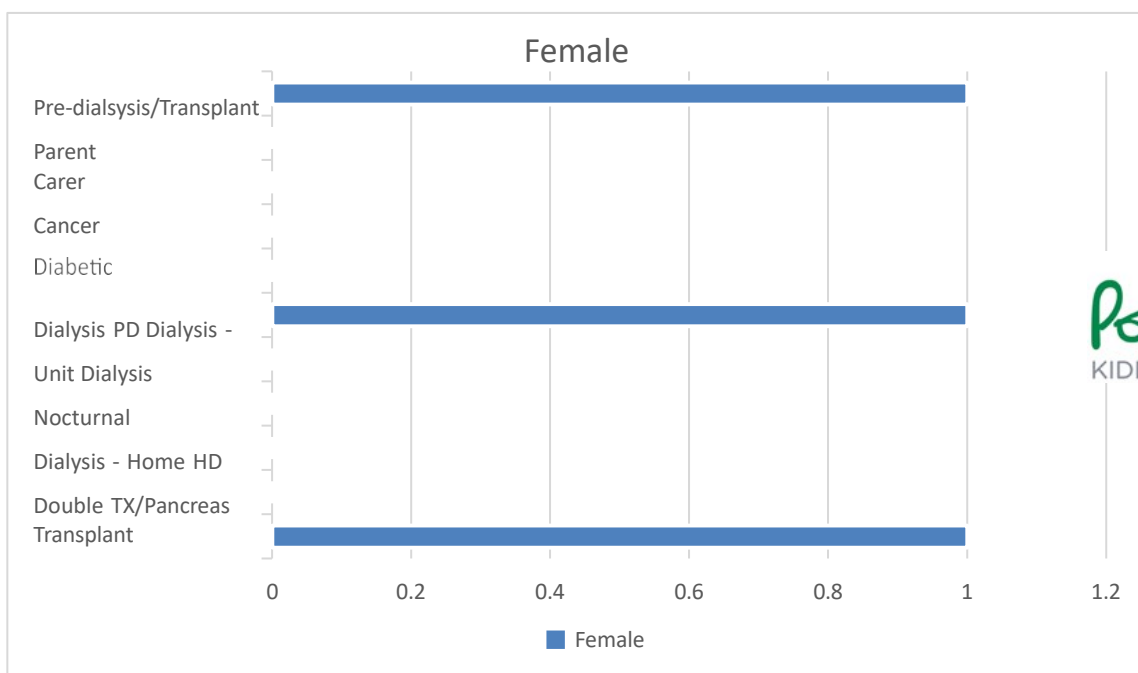


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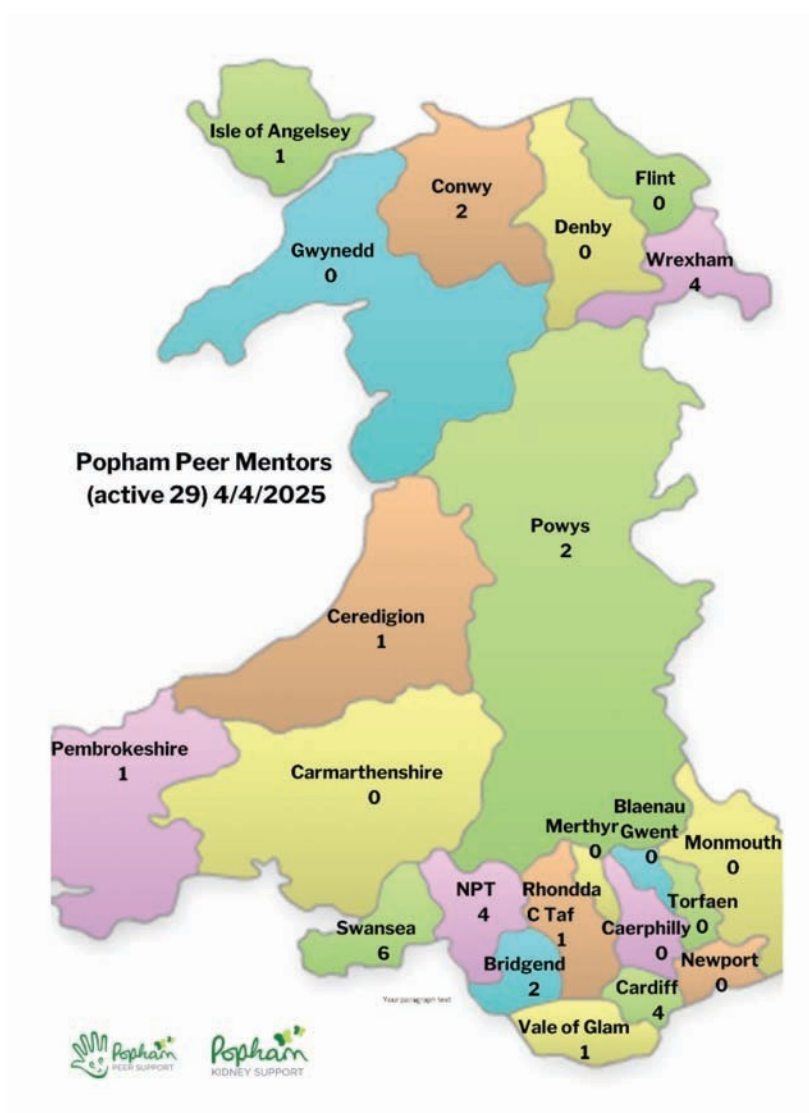
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SAN 2



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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Diagram 1

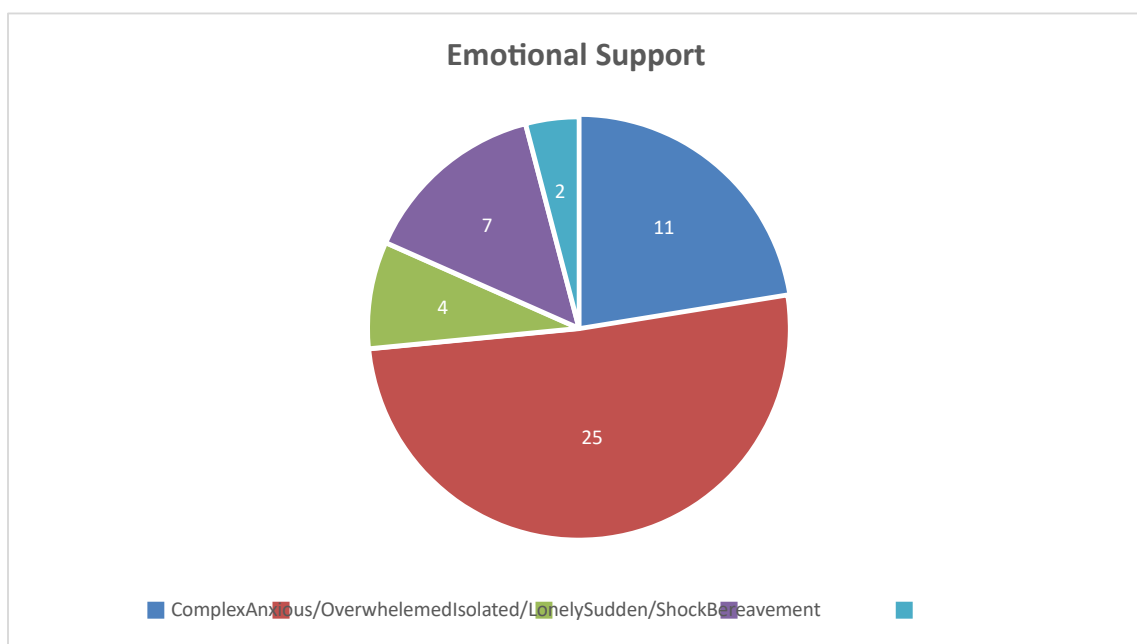
5th April 2024 to 4th April 2025 Peer Support Enquiries 98

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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Diagram 3

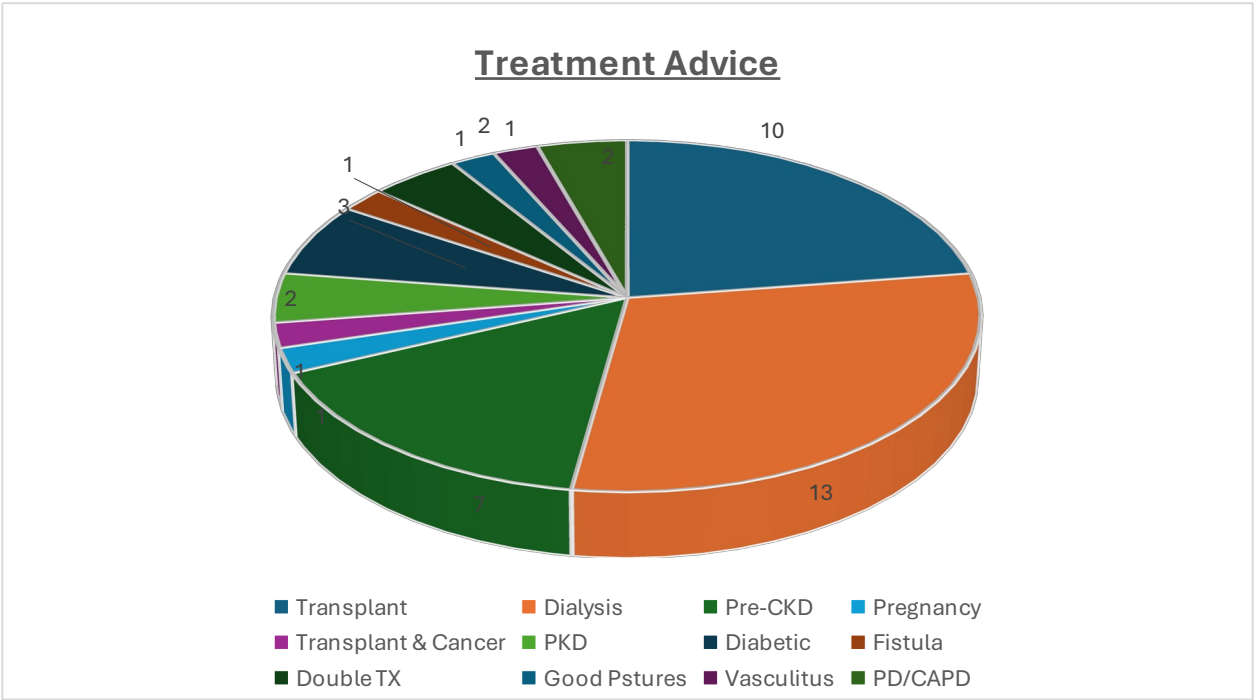
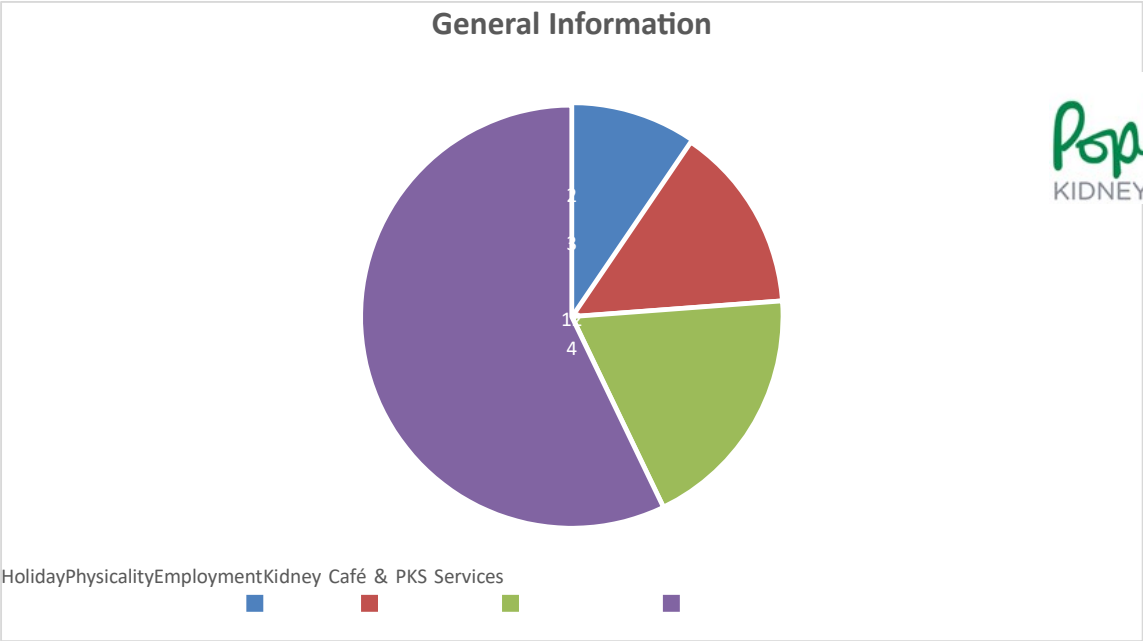


Diagram 4



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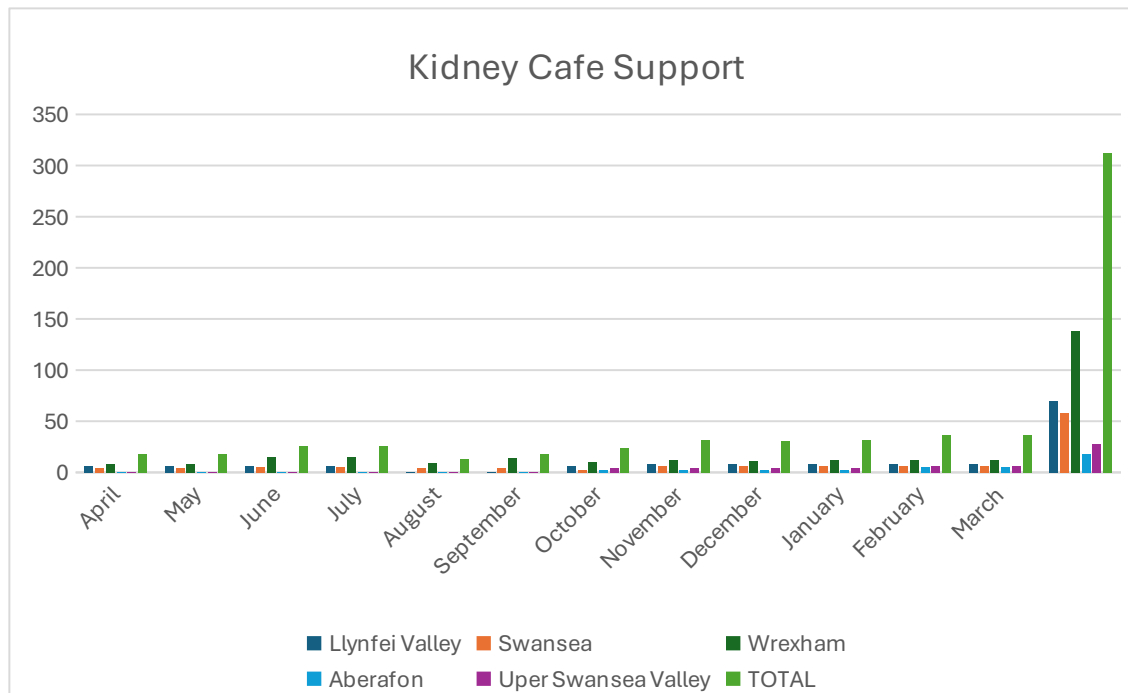
Other outcome recorded with general conversations with our Patient Services Coordinator and Peer Mentor:

- 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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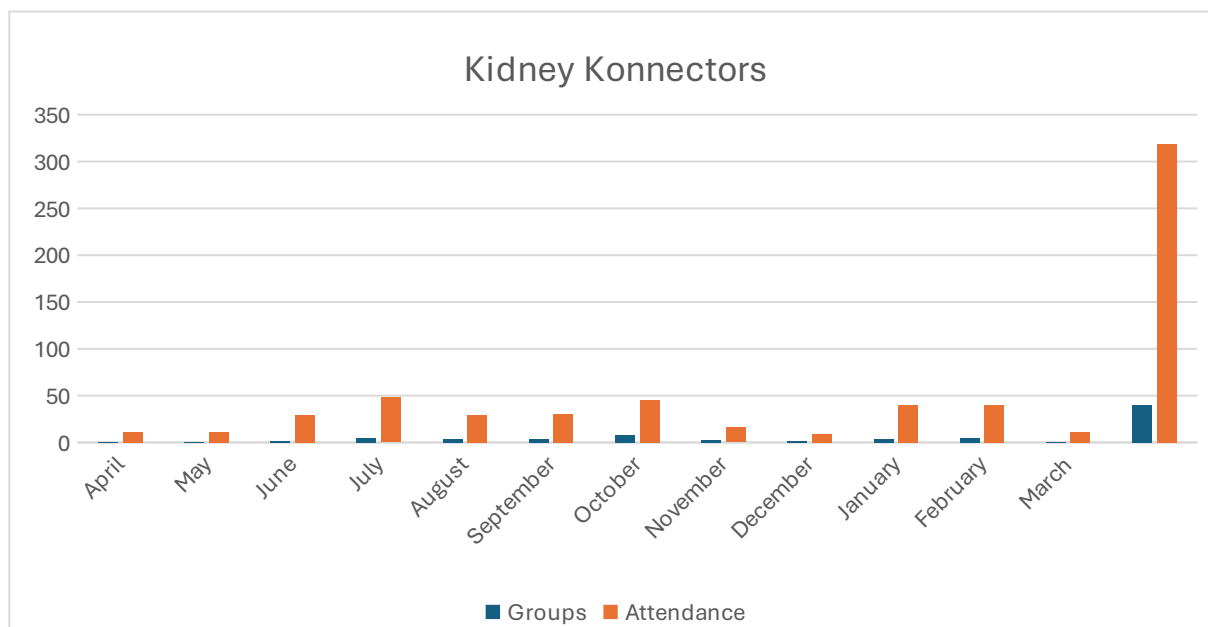
Kidney Konnectors

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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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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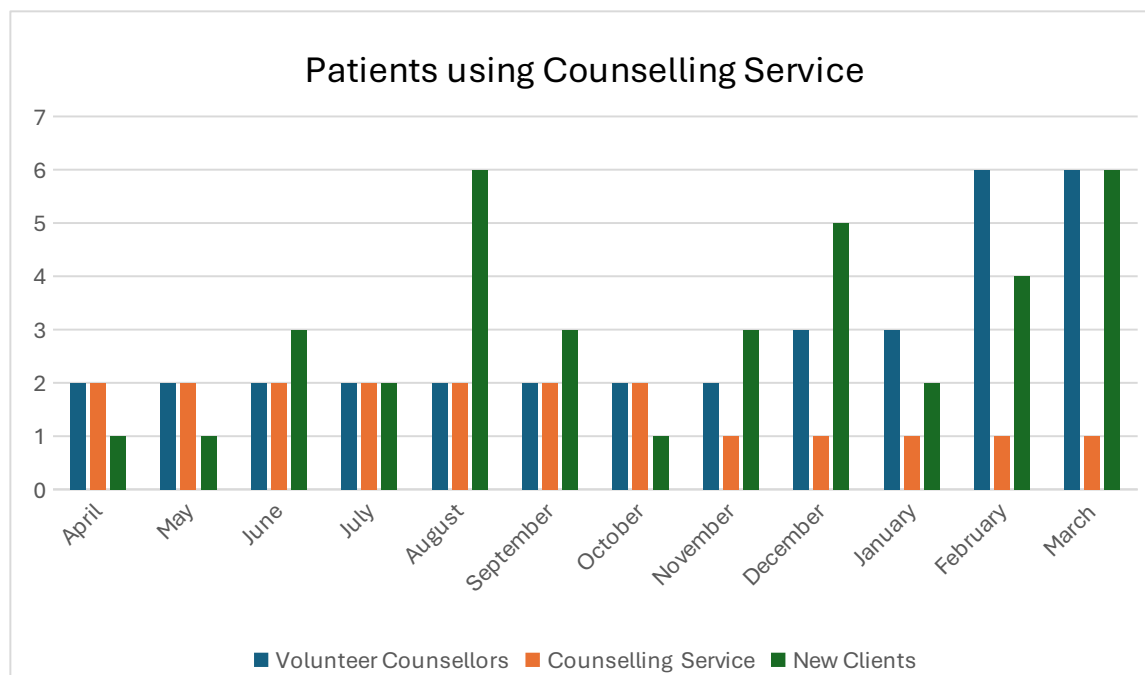
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Counselling Service

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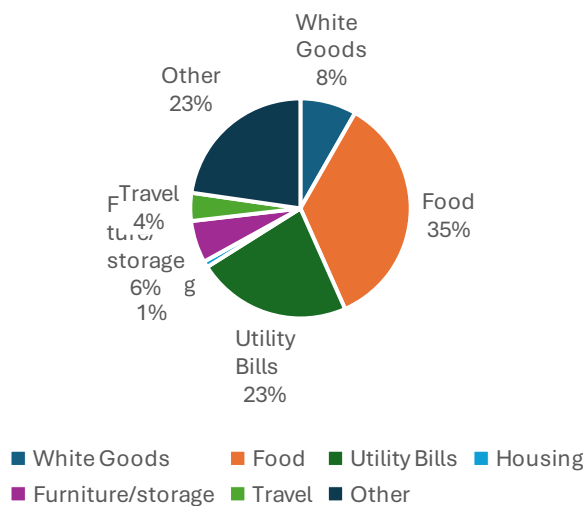
Our guidelines are for our clients' psychological distress to lessen within 6 sessions, and for sessions to continue until our clients' psychological distress is reported as mild to healthy.

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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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.



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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'



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).

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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."

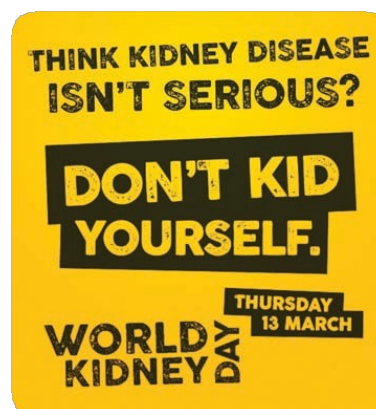
Our goal is to encourage CKD patients to reintroduce oranges and other orange-coloured foods into their diets in moderation. As always, be mindful of any allergies when trying new foods.

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.

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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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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.

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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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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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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.

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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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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.



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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 Tuttiatt, 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").

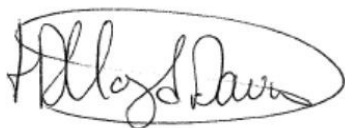
I report in respect of my examination of the Charity's financial statements carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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
<hr/>							
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

	Notes	2025		2024	
		£	£	£	£
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