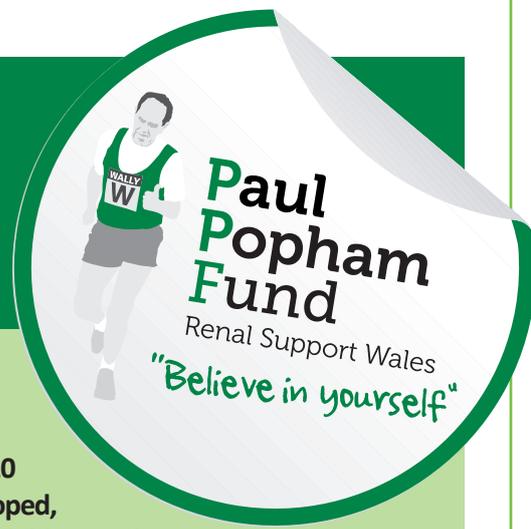


2020 in a Snapshot



The trustees and team at the Paul Popham Fund, Renal Support Wales, would like to thank you all for your continued support – particularly through these extremely challenging times. Despite the difficulties 2020 brought, we are extremely proud of the way the charity has adapted and developed, ensuring that we were able to continue to support people with kidney disease, children and youths, and their families across Wales.

We move into 2021 with optimism and determination that our organisation will be able to continue with our aim of supporting people with renal problems to address their individual needs and improve their quality of life.

What have we been up to this year?

Launch of our new website

For those of you who haven't yet heard, our big news going into 2021 is the launch of our new-improved website. It's full of resources designed to support people with kidney disease and their families, and the professionals who care for them. So, have a good look around, visit: www.paulpophamfund.co.uk

New Fundraising Manager

We've also started the year with the appointment of our first full-time Fundraising Manager – Steffan Anderson-Thomas. Steffan comes to us with 3 years' experience at Wales Air Ambulance, gaining promotion twice. He is also a WRU qualified ref, refereeing in the national leagues, and WRU qualified coach supporting grass roots rugby with the West Swansea Hawks. Steffan is fluent in both English and Welsh having been educated at Ysgol Gyfun Gwyr in Swansea. We're sure the experience he brings will mean a great boost for our fundraising as we move into 2021.

2020 RE-CAP

Prior to lockdown

Before COVID-19 arrived on our shores, we had big plans for 2020, with the setup of a steering group for Peer Support in January. Our CEO, Jo Popham, commenced her training for the London Marathon and kept us all updated on her progress with regular blogs.

Unfortunately, as the severity of the virus' impact became clear we were forced to hastily review our plans. The fundraising and regular blogging which Jo had been undertaking for the Marathon was, to some extent, put on hold as the world waited to see how quickly we would be able to return to normal. As it became clear that there was going to be no quick fix, all major sporting (and subsequently fundraising) events – including the Cardiff and London Marathons, Swansea half marathon and the 5K series – were put on hold indefinitely. This meant we had to drastically rethink our fundraising strategy. Likewise, we had to reconsider all our planned training events, Kidney Cafes, walk for health groups, and our patient conference. Luckily, modern technology was able to help, and we began to move many of the planned events from the physical to the virtual world.

From March onwards

During March we, like everybody else, moved our staff to home working as lockdown was imposed across the UK. We set up our revised careline rota and began to move all our training and kidney cafes online.

We implemented:

Virtual Kidney Cafés Post Transplant and Parents & Carers- Support groups for Welsh kidney transplant recipients and for parents and carers of children with kidney disease, both these kidney cafes were due to take place in Cardiff and Swansea, but due to the circumstances were moved, very successfully, online. They give people the opportunity to meet with others who are experiencing similar situations, and share information, advice, and tips. Guest speakers including members of the Renal Teams participate in each café to provide information and advice.



Home Therapies virtual Q&A – This virtual discussion gave a general overview of home therapies, where one of our Peer Mentors, Hayleigh Isaac, shared her personal experience of home hemodialysis with Gail Williams, Lead Nurse of the Welsh Renal Clinical Network, and Joanne Popham, CEO of the Charity.

Shielding and mental health virtual Q&A – Transplant patients and Paul Popham Fund volunteers, Jamie and Alison, shared their experiences on shielding as a result of COVID-19 and its effect on their lifestyles and mental health.

Kids Newsletter – A newsletter aimed at children with kidney disease and their parents including news, advice, information, and fun activities for children to occupy their time during lockdown. We

also set up a children's fundraising committee.

Virtual Walking Challenge – We launched our Virtual Walking Group Challenge. Participants were encouraged to 'virtually' climb various peaks throughout Wales and the U.K.

Distance Aware Campaign – We became an advocate of the Distance Aware Campaign, an NHS initiative that was established to enable individuals and organisations to politely prompt ongoing distancing and respect of individual social space.

We collaborated on:

COVID Newsletter – A collaboration between us, the Paul Popham Fund, Kidney Care UK, Kidney Wales and the Welsh Clinical Renal Network, we produced a monthly newsletter giving advice to kidney patients during the pandemic.

Virtual Patient Conference

– In 2019, we held our patient conference at the Village Hotel in Swansea, but, for obvious reasons, this could not be the case during 2020. The conference moved online but was still open to all kidney patients, friends, and families, with the aim of educating them on how to improve quality of life through treatment and lifestyle choices.

Digital Devices for Patients- Phones 4 Patients provided 54 I-Pod Touches, which were delivered to all units in Wales with instructions of use and user guides.

Worried Sick Survey Cymru- Following on from the Kidney Care UK 'Worried Sick' patient survey that was carried out across the whole of the UK, the team was keen to carry out a Welsh specific patient survey.



We provided:

Home Therapy Lamps - During lockdown, with help from our peer mentor Geraint John, we were extremely happy to be able to fund the purchase of 16 magnifying lamps for the home therapies team at Morriston Hospital.

Afternoon Tea at Morriston Renal Unit - On Friday 3rd July 2020 and Saturday 4th July 2020, we delivered 320 afternoon tea boxes to Morriston Hospital Renal Unit to lift the spirits of patients and staff.



Fundraising

Weekly Lottery - We wanted to do something which would enable us to give back to the community which has supported the fund over the years, and a lottery does just that. It's a fantastic way for you to get involved with fundraising and also get the chance to win something back.

Geraint's Walk -

Geraint John, a kidney transplant recipient and one of our Peer Mentors, quite literally 'stepped up' to the challenge of raising funds during lockdown, by walking an amazing 50,000 steps in one day. The distance he covered was 23 miles, and it took Geraint approximately 9 hours.



Virtual Quiz - Regular quizzes, hosted by quizmaster Geraint, allowed us to have some fun and social interaction while raising funds for the charity.

Brave the Shave - Twin boys, Hugo and Jude Pagett, had been growing their hair for a year with the aim of shaving off their luxuriant locks to raise money for our charity. The boys' dad also pledged to shave his head if the total surpassed £2000. As the total raised exceeded £2758.75, the three chaps 'braved the shave', with all money raised going towards our project to fund the refurbishment of the Children's Kidney Centre, University Hospital Wales.



Swans Kit - One of our volunteers, Paul Smith, reached out to players at his favourite football team, Swansea City A.F.C., to help him raise money for our charity during the downturn in fundraising opportunities which came about as a result of COVID-19. So far, he has raised almost £400 by selling, auctioning, and raffling off a variety of Swans kit - collected and donated by Connor Roberts - originally belonging to players including Jake Bidwell, Freddie Woodman, Nathan Dyer, André Ayew, Jay Fulton, Bersant Celina, Rhian Brewster and Matt Grimes - some of which were signed by the players.

Virtual Climb up Pen Y Fan - We'd like to thank Harry Weir, an inspirational 8-year-old boy with kidney disease who virtually walked up Pen Y Fan, on his birthday, to raise funds for kidney care and celebrate being 18 months post-transplant. Harry had set himself a fundraising target of £500, but, so far, has managed to raise an amazing £1230.00!



Christmas Card Competition - There was some truly brilliant artwork sent in; the quality of the designs we received this year was outstanding. It was a really difficult decision for our judges on the judging panel - Pat Hill, Roger Bambridge and Linda Griffiths - to pick out a clear winner. In fact, the task was so hard to single one out, we decided to have two winners - Penny Coupland and Nigel Butler. Well done both!!

Training

Agored Accreditation - We are thrilled to announce our recent achievement of Agored accreditation for our Peer Mentor Training Program. This means that from January 2021, all volunteers undertaking the Peer Mentor Training Program will achieve a recognised qualification in Peer Mentoring. Agored accredited qualifications have been developed in partnership with a wide range of organisations from the Welsh Government to sector skills councils, meaning that they meet regulatory requirements, are aligned to the respective frameworks, and meet national education priorities.

New volunteers - During 2020 we increased the number of our volunteers, with an extra 16 based in Swansea and 7 based in Cardiff. We have also acquired our first trained volunteer in Wrexham, North Wales, with plans to expand the number of volunteers across all areas of the country during 2021.

During 2020 the Paul Popham Fund achieved:

- Total Patients Supported - 938
- New Volunteer Peer Mentors Recruited & Trained - 8
- Total Volunteer Peer Mentors - 24
- Total Volunteer Peer Mentors - Swansea - 16
- Total Volunteer Peer Mentors - Cardiff - 7
- Total Volunteer Peer Mentors - North Wales - 1
- Other Volunteers - Advice, Guidance & Support - 10
- Kids' Newsletters distributed to Families of Children with Kidney Disease - 150

UPCOMING IN EARLY 2021

Walking Challenge Kilometres for Kidneys - We have a brand-new walking challenge due to take place between 11th March (World Kidney Day) and 11th April. The challenge will consist of distances and routes to walk across Wales. However, due to COVID-19 restrictions the challenge is to complete the distance locally on your daily exercise. Distances range from a few miles in a month to over 100 miles a month, so there is a challenge there for all. This virtual fundraiser is designed to keep you fit and healthy during the lockdown, while also giving you an opportunity to support our vital charity.

HSJ Awards - We are overjoyed to have been chosen as one of the finalists for the Regional COVID-19 Response Partnership Award at the HSJ Partnership Awards 2021. This honour is to recognise and commend our collaborative work with Kidney Care UK, Kidney Wales, Welsh Kidney Research Unit and Welsh Renal Clinical Network for our monthly COVID newsletter.

World Kidney Day Webinar - 11th March.

Post Transplant Kidney Café, A support group for Welsh kidney transplant recipients. Join us for a chat and ask questions to our guest speakers on the following dates: **27th Jan 2021** - 11:30am-1:00pm- Transplant Games & Vaccine; **24th Mar 2021** - 11:30am-1:00pm - Psychology & Transplant & How to Deal with It; **Future dates and themes to be confirmed:** 26th May 2021 - 11:30am-1:00pm, 28th July, 22nd September, 24th November

Parents & Carers Kidney Café, A support group for Parents & Carers of children & youths with kidney disease. Join us for a chat and ask questions to our guest speakers on third Thursday of every month from 11.30am to 1.00pm: **18th February**, Fun Session with Children; **18th March**, World Kidney Day, Diet & Vaccine; **15th April**, Hints & Tips when your child goes for Transplant from parent and information from a clinician; **20th May**, Fitness & Transplant games; **17th June**, Hints and Tips on Coping Strategies.

New Kidney Café - We are in the process of developing a new Kidney Café for patients and families who are new to kidney disease - **Kidney Café: Information & Support for New Patients**. This Café will be an eight-week program, providing information, advice and support on all topics relevant to new kidney patients. Topics covered will include: Intro to Kidney Disease, Lifestyle, Transplant, Haemodialysis, Peritoneal Dialysis, Conservative Management, Impact on daily life/family and Wellbeing.

Each session will include a guest speaker from renal clinical teams, and experienced patients will also be on hand to provide expert advice, tips and guidance. We hope to be able to deliver these sessions face-to-face from March 2021, however, we are continually assessing this due to COVID-19.

Peer Mentor Training Dates are: 16th and 26th February, 10am to 3pm. For April dates onwards - contact support@paulpophamfund.co.uk to book a place.



Paul Popham Fund

Renal Support Wales

"Believe in yourself"

Registered Charity No: 1160114

Call us: **0333 2001 285**
www.paulpophamfund.co.uk

www.facebook.com/paulpopham.fund
www.paulpophamrunningclub.co.uk
enquiries@paulpophamfund.co.uk

