

# PPF Impact Quarter 3 2020

Grants July to September £310

Patients Supported July to September

- Total 527
- Peer Support Services 6
- Counselling 5
- Careline Enquiries 21
- Kidney Café 41
- On-line Groups 132
- Project support 320
- Grants 2

Projects Funded July to September £3296.55

Peer Support Services July to September £12174.80

Volunteers July to September

- Total 30
- Peer Mentors 21
- Counsellors 3
- Volunteer Patient Support 8



## Paul Popham Fund

Renal Support Wales

"Believe in yourself"



# Collaborative Impact

## Collaboration with Charities in Wales and Welsh Clinical Renal Network

Patient Conference Attendance	60
Newsletters	4
Newsletter Distribution Patients	100



**Covid-19: THE NEW NORM FOR KIDNEY PATIENTS**

**JOIN US VIA ZOOM FOR A VIRTUAL CONFERENCE WEDNESDAY 2ND SEPTEMBER 2020 BETWEEN 5.00 AND 6.00PM**

THE CONFERENCE IS FREE TO ATTEND AND IS OPEN TO ALL PEOPLE WITH **KIDNEY DISEASE** ACROSS WALES.

The aim is to provide advice and guidance to kidney patients in light of the Covid-19 pandemic as well as responding to questions as a result of the recent Kidney Care UK 'Worried Sick' survey.

Guest speakers will include:  
**Fiona Loud** - Director of Policy Kidney Care UK  
**Mike Stephens** - Consultant Transplant Surgeon at the University Hospital of Wales



For more information about guest speakers and to book your free place visit: [kidneypatientconference.wales](http://kidneypatientconference.wales)

We recommend you book early as places are limited.

Contact: **EMAIL:** [info@kidneypatientconference.wales](mailto:info@kidneypatientconference.wales) **TEL:** 07960 182525

Kidney Care UK, Registered Charity No. 270268, 3 The Windmill, Turk Street, Aban, Gwent, G334 1EF  
 Kidney Wales, Registered Charity No. 700396, 2 Radnor Court, 256 Cowbridge Road East, Cardiff, CF11 5QZ



## Kidney patient Covid-19 update



**Welcome to the first edition of a newsletter for kidney patients in Wales to provide the latest information and advice during this unprecedented time.**

It includes information on services and what to do in order to support people with kidney disease to get the best care possible. It also includes information on how you can help your family member or friend with kidney disease, what will help you to find the information you need.

**FOR INFORMATION & SUPPORT:**  
 Team Kidney Care UK  
 Email: [info@kidneycareuk.org](mailto:info@kidneycareuk.org)  
 Web: [www.kidneycareuk.org](http://www.kidneycareuk.org)  
 Team Kidney Wales  
 Email: [info@kidneywales.org](mailto:info@kidneywales.org)  
 Team Aren Cumru  
 Email: [info@aren-cymru.org](mailto:info@aren-cymru.org)  
 Team Paul Popham Fund  
 Email: [info@paulpophamfund.co.uk](mailto:info@paulpophamfund.co.uk)

### Free Food Boxes

Free Food Boxes are available to kidney patients in Wales. They are a great way to get fresh fruit and vegetables, and other essential items, delivered to your door. This is especially helpful for those who are unable to go to the shops or who have limited mobility.

**How can people with kidney disease protect themselves against Coronavirus (COVID-19)?**

The UK Government advise the best way to protect yourself is to avoid catching the virus. Some people have reported that they have been infected with COVID-19 and that they have been advised to self-isolate. It is important to take steps to protect yourself and your family from others to get food and medicines.

**Are you shielding and not able to work?**

If you are shielding or not able to work, you may be eligible for financial support. This can include Universal Credit, Jobseeker's Allowance, and other benefits. You should contact your local council for more information.

### Anxiety first aid through Covid-19

It is normal to feel anxious during this time. There are many things you can do to help manage your anxiety. These include staying informed, staying connected with others, and taking care of yourself. It is important to remember that you are not alone and that there are people who can help you.

**Wash your hands of coronavirus scams!**

Frenchie Against Scams aims to protect and prevent people from becoming victims of scams. Scams are a common problem, and it is important to be aware of them. Frenchie Against Scams provides advice and support to help you avoid being scammed.

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 Team Aren Cumru  
 Email: [info@aren-cymru.org](mailto:info@aren-cymru.org)  
 Team Paul Popham Fund  
 Email: [info@paulpophamfund.co.uk](mailto:info@paulpophamfund.co.uk)

### Find out what's on in Wales during isolation

There are many things you can do to stay entertained and connected during isolation. These include watching TV, reading, and listening to music. You can also try new recipes and hobbies. It is important to take care of yourself and to stay positive.

**Live stream a Welsh class:** There are many live streaming classes available, including Welsh language classes. These can be a great way to learn and connect with others.

**Cook together:** Why not try to cook a new recipe together? This can be a fun and healthy activity. You can also try to cook a meal for someone else.

**Create a self-isolation picture diary:** This is a great way to document your experiences during isolation. You can take photos of things you see and do, and write about how you feel.

**Watch home made:** There are many home made videos available, including those from celebrities and influencers. These can be a fun way to spend your time.

**Make art with friends:** This is a fun and creative activity that can be done with friends. You can make art together and share it with each other.