

# Kidney Wales

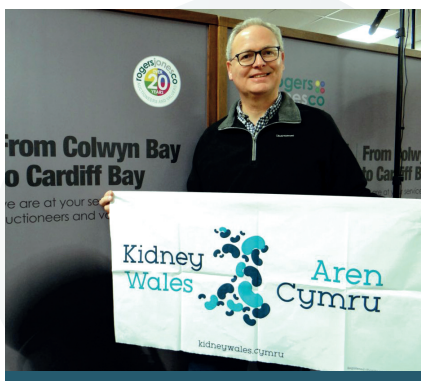
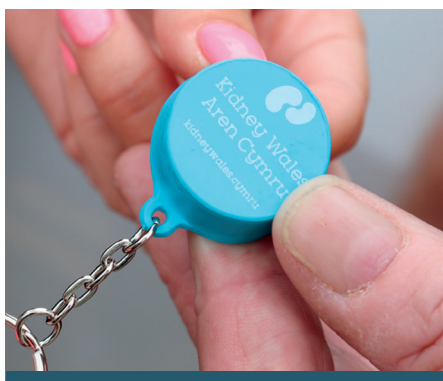
## Patient Support

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Supporting families.  
Changing lives.

Cefnogi teuluoedd.  
Newid bywydau.



Registered under the Charities act 1960. Charity No. 700396  
Company Registration Ni. 2268003. Established 1967.

# Welcome to Kidney Wales

## Who we are

**Kidney Wales is the leading kidney charity in Wales here to support you throughout your kidney journey.**

For over 55 years we have helped change the lives of kidney patients living in Wales and became one of the key drivers of change in setting up the Wales and UK transplant registry, the inclusion of Donor cards with all driving license applications and changing the law regarding deemed consent for organ donation in Wales. We continue to be part of innovative projects and fund essential research with the aim to improve kidney patient quality of life.

## Patient Information & Support manager



Hi, I'm Corinne the Patient Information & Support Manager for Kidney Wales. I joined the charity in 2022 from a background of supporting patients.

My Partner has kidney disease and has undergone Peritoneal and haemodialysis and is now a Transplant patient. During his kidney journey I learnt alongside him so was able to support him when on nocturnal dialysis at home, helping to set up his machine and assist when he needed me to. I understand the ups and downs of being a kidney patient and the lifelong effects it has on patients and families.

We have two young sons whom we have always been honest with about kidney disease to help them understand as they grow older.

Working for Kidney Wales and being able to support patients and families like my own means the world. Every kidney journey is different and listening to patient experiences and finding the best support for them is what I am here for!

# How we can help

## Wellbeing Food Voucher

If your struggling to cover the cost of your food shop we can help with a one off **£100 wellbeing food voucher** to spend at your local supermarket Asda, Tesco, Morrisons or Sainsbury's.

Ask your renal social worker to complete an application form.

## Welfare & Benefits

Partnering with **TURN2US** fighting uk poverty to help those struggling financially. We can help you find out what benefits you may be entitled to in order to maximise your income.

**TURN2US**  
FIGHTING UK POVERTY

## Debt advice

Working together with **StepChange** debt charity, with the aim of supporting those most vulnerable with free advice & help to manage finances and finding affordable debt solutions.

**StepChange**  
Debt Charity

We can also refer to the **British Gas Energy Trust** who can help with current energy debt with any supplier.

## Foodbank Parcel

If you are in crisis and struggling to afford food we can help with a foodbank parcel from the **Trussell Trust**.



These are available to kidney patients, parents & carers who are struggling. Parcels are based on the size of your household, and contain 3-4 weeks worth of items.



Do you have a question about holiday dialysis?

Want to find out about life insurance?

Worried about money?

Whatever the query we are here to support you.

## Nest-Warm homes scheme

In partnership with **NEST** you could be eligible for a free home improvement package eg. new boiler, upgraded central heating system, insulation and much more. Free advice on keeping your home warm and help get you the support available to make your home more energy efficient.



# Financial Assistance Grants

## What are financial assistance grants from Kidney Wales?

Our **financial assistance grants** are to help support kidney patients when they are experiencing financial hardship, related to or resulting from the burden of chronic kidney disease (CKD). Each application will be reviewed to assess if the request meets our requirements for a grant award.

## Who can apply for a Kidney Wales grant?

Applications will only be accepted from **health care professionals**, submitted on behalf of patients, using a registered NHS/ Health Board e-mail address. This would ideally be your Renal Social Worker or Clinical Psychologist, but applications from other members of your kidney care team may also be considered.

## What can I use a grant for?

Grants may be awarded for items where financial assistance is needed, such as.

- To cover rent/utilities arrears.
- Emergency food vouchers.
- White goods, (e.g., washing machines, microwaves, fridge freezers).
- Essential/replacement furniture or household repairs.
- Laptops to enable patients to undertake education or training.
- Travel costs associated with treatment or to things such as job interviews (under certain circumstances).

## How much can I apply for?

There is no lower limit to the amount requested, but we do have a maximum limit of **£500**.

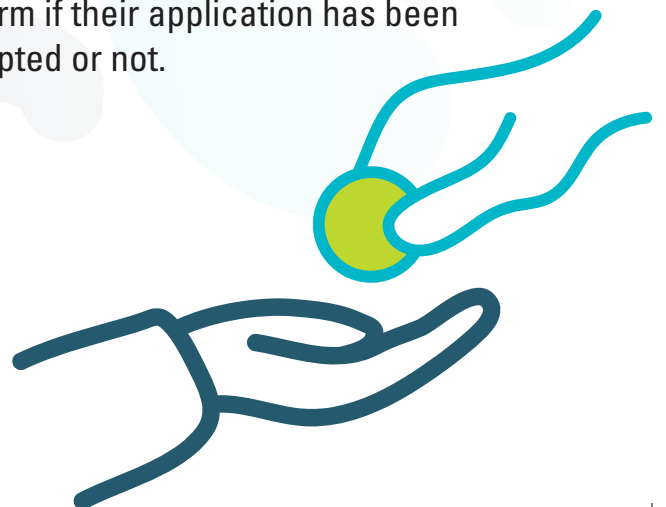
Staff and trustees will consider:

- Benefit to the individual.
- Total amount of funding available to the Welsh kidney community.
- Geographical spread of funding awards.

A healthcare professional can apply on behalf of the same patient once per 12-month period.

## When will I hear if my application has been supported?

Recognising the often-urgent nature of funding requests, all applicants will be contacted within five working days to confirm if their application has been accepted or not.



# Information & Education

## Education

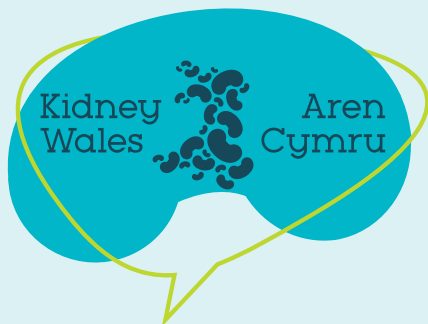


At **Kidney Wales** we know education is key. That's why we work on a number of educational webinars and events throughout the year that you can get involved with.

Some of the Informational and educational events we provide are below:

- **Online Webinars** – latest topics updates and news effecting kidney patients.
- **Q&A's** – We ask questions you have raised to health professionals.
- **All Things Kidney Wales session** – Get the chance to meet the team hear what we do, updates in our services and how we support our Kidney Community.

## Let's Talk



Join one of our monthly **Let's Talk** sessions alongside other kidney patients.

- New topic each month.
- Have your say.
- Get your questions answered.
- Latest news, advice affecting the kidney community.

## Kidney Wales YouTube channel!



Our YouTube channel is full of informational and educational videos such as **Q&A's, Patient stories, Webinars** and much more.

Catch up on the **latest updates** and **Let's Talk** sessions here too!

Keep up to date with the latest news, updates and events from **Kidney Wales** by following us on social media, sign up to our e-newsletter or visit our website.

[www.kidneywales.cymru](http://www.kidneywales.cymru)

# Volunteer Ambassadors



## Volunteer Ambassador

Becoming a **Volunteer Ambassador** not only gives you the chance to join our **kidney family**, but also make a difference in your community by helping to raise awareness about Kidney disease. Whether you are living with kidney disease or volunteering on behalf of someone who is **YOUR STORY MATTERS** and we remain with you every step of the way.

### Meet Rosie...

"I really enjoyed being able to give a talk to Students for organ donation Cardiff on 16/2/22. To be able to share my story and my experience of organ donation as well as information about the work Kidney Wales does and how they can help. In the lead up to the talk I made sure to get up to date facts and figures and look into answers for any possible questions I might get asked. Really looking forward to doing more talks in the future and being able to share my knowledge of kidney disease."



### Meet Gareth...

"In 2019 I donated a kidney to my daughter who was then 20 years old. I've been fundraising for Kidney Wales ever since to help people affected by kidney disease. I've been an ambassador for kidney wales for a few months. The training & support has been great, as are the kidney wales team. It's good to meet new people with different connections to the charity, everyone has a unique perspective. Speaking in public & arranging my own talks has improved my self-confidence too."



Contact us for more information about becoming an Ambassador with Kidney Wales

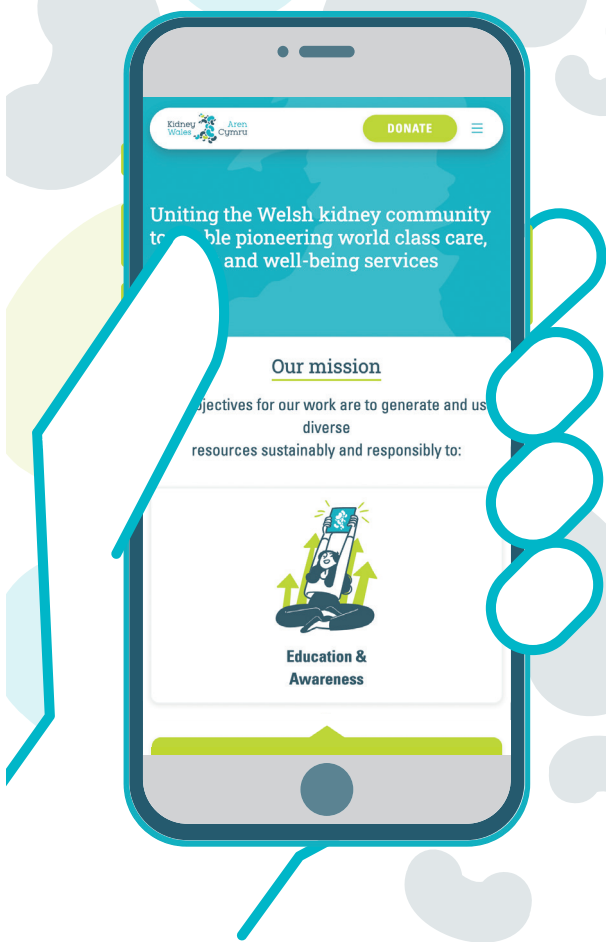


[team@kidneywales.cymru](mailto:team@kidneywales.cymru)



02920 343940

# Get in touch



## Online

Want to find out more about Kidney Wales or kidney disease?

Visit our website where you can find information from Fundraising, what we do and how we support patients, to donations, upcoming events and where you can find the right support!

[www.kidneywales.cymru](http://www.kidneywales.cymru)

### Did you know?

Kidney Wales are one of six UK Kidney charities part of the Kidney Charities Together Group.

Raising awareness and highlighting the importance of kidney health and the impact of kidney disease.

## Fistula cap

If you would like an innovative lifesaving **Kidney Wales fistula cap, facemask** or **arteriovenous** fistula warning wristband get in touch.



## Contact us



**02920 343940**



**corrine@kidneywales.cymru**

or

**team@kidneywales.cymru**

Kidney  
Wales



Aren  
Cymru

[www.kidneywales.cymru](http://www.kidneywales.cymru)

