

# Do you have PKD?



You're not alone.  
You've got us.



## Support Groups

For a secure and relaxed environment where you can share PKD experiences, find support and information, join one of our support groups.

Choose the support group that's best for you:

- Local group. Hosted by volunteers with lived experience of PKD.
- Lets Talk About... One-hour online chats on topics such as diagnosis, tolvaptan, PLD and transplant.
- Time to Chat about ARPKD. Especially for parents, carers and adult patients affected by ARPKD.

A warm welcome awaits all living with PKD.

“I did really enjoy the group. I've thought of joining in before ... so glad I decided to give it a go.”

“It was great to join in the conversation, and I enjoyed it. I always find it interesting to hear other peoples' stories, and I think that we can all learn things, even after 30+ years of PKD.”

Visit our website



## Online Support

Looking for a moderated, friendly and private place to connect and share with others like you? Join one of our UK-only private Facebook groups. There's a group for everyone affected by PKD.

**For ADPKD** (autosomal dominant polycystic kidney disease)

- PKD Support (PKD Charity UK)
- Parents of children with PKD (PKD Charity UK)

**FOR ARPKD** (autosomal recessive polycystic kidney disease)

- ARPKD Support UK (PKD Charity)

“PKD is challenging at times, the support is great!”



## Helpline

Call our confidential helpline, **0300 111 1234** if you need a friendly person to talk to about your worries or are looking for information.

**Available Monday – Friday from 9.30am to 5pm.** Please leave a message with your phone number if we can't answer, and we'll ring you back or text back as soon as we can.

Or you can text **07739 632836** or send an email to [support@pkdcharity.org.uk](mailto:support@pkdcharity.org.uk)

“You'll never know how much I valued speaking to you. I will remember you forever. You are so calming.”



## Educational Events

Want to find out more about PKD and ask questions to experts? Come to one of our free educational events, hear from leading clinicians and scientists, and share your experiences with others. Online webinars/talks and workshops throughout the year plus longer Information & Support Days two to three times a year.

“All the events the PKD Charity has done make me feel that I have more tools in my box and control over the disease.”

You can access recordings of our previous events by visiting our online library.



## PKD Charity Health Information

If you need reliable information about all aspects of PKD, visit our website for a range of accredited factsheets written by medical experts and checked by our lay reading panel of people affected by PKD.

Key factsheets include: ADPKD Basics, Polycystic Liver Disease, Diet and Lifestyle in ADPKD and ARPKD Basics.

If you don't use the internet, we can send you printed copies.

“The excellent information reassured me and answered questions which I was able to share with my family.”

# About PKD Charity

Founded and led by patients, doctors and family members, we're the only UK charity solely dedicated to supporting people affected by PKD.

Since 2000 we've been helping people to live life as fully as possible by providing practical and emotional support, information and advice.

We campaign to raise awareness, improve services, and fund research into discovering better treatments, new treatments, and a cure for PKD.

The Polycystic Kidney Disease Charity is a registered charity in England and Wales (1160970), Scotland (SCO47730). A company limited by guarantee. Registered company in England and Wales (9486245).

Registered address:  
86-90 Paul Street, London, EC2A 4NE.

Get in touch

# Helpline:

**0300 111 1234**

**9:30am to 5:00pm, Mon - Fri**

Or contact our Support Services Manager at [support@pkdcharity.org.uk](mailto:support@pkdcharity.org.uk) or call/text **07739 632836**

Visit our website



Follow us on social media

