

## Other ways to help

Not everyone can be a kidney donor, even if they wish to, but you can still help encourage others to consider it by raising awareness or fundraising for Give a Kidney to help us reach more people. We'll support you with advice, information, newsletters, leaflets and more. Just get in touch and we'll take it from there.

If you'd like to make a monetary donation to Give a Kidney, every penny helps us raise awareness of non-directed donation and makes a real difference to those awaiting a transplant. You can donate through our website or by visiting [www.charitychoice.co.uk](http://www.charitychoice.co.uk) or [www.justgiving.com](http://www.justgiving.com). To find out more, just visit our website.

Many thanks for your support.



## What do these people have in common?



Leaflet design: [www.topicaldesign.co.uk](http://www.topicaldesign.co.uk)



[www.giveakidney.org](http://www.giveakidney.org)


Give a Kidney - one's enough,  
PO Box 65885, London, N7 1BR.  
Email: [giveakidney@gmail.com](mailto:giveakidney@gmail.com)

Follow us on Facebook or Twitter @Give a Kidney

Give a Kidney - one's enough is a charity registered in England and Wales (1143576) and in Scotland (SCO45767)

## They have all given a kidney to someone they didn't know. Could you?

[giveakidney.org](http://giveakidney.org)



**Give a Kidney is a UK charity which helps raise awareness of non-directed kidney donation (also known as 'altruistic' donation) - which is a living person giving one of their healthy kidneys to someone they do not know who needs a kidney transplant from the NHS waiting list.**

### Why more donors are needed

Receiving a kidney from a living donor can transform the life of a person waiting for a transplant. There are currently around 5,700 people in the UK on the waiting list for a transplant and 300 of these can expect to die this year in need of a kidney. This is completely unnecessary when most of us have two healthy kidneys, yet only need one.

*It seemed to me that you could convert somebody's life from major misery and early death to normal again. It seemed like the most useful thing I could do.*

**Chris Burns-Cox who donated in 2010**

Kidneys from living donors generally work better, last longer and the operation can be planned in advance which is of benefit to the recipient but also the surgical teams and medical staff. Plus, a successful transplantation can save the NHS around £20,000 per year over the cost of keeping a patient on dialysis! More and more people are coming forward each year to give this life-changing gift.

### Find out more

Visit our website at [www.giveakidney.org](http://www.giveakidney.org) where we explain the donor operation before, during and after and provide answers to commonly-asked questions.

*"Everyone is someone's mother, brother, friend. Just because it's not your family member doesn't mean they deserve it any less."*

**Clare Bolitho, who donated in 2011**

### Supporting you through the process

We have a panel of donor volunteers who we can put you in touch with if you want to be supported through the process or chat to someone who has already been a kidney donor. Please just contact us on [giveakidney@gmail.com](mailto:giveakidney@gmail.com) and we can put you in touch with someone near to you.

*It's the most precious gift I have ever been given. Life changing!"*

**Ruby Stapleton, who received a kidney from a stranger in 2014**

