

## Living Well: Advanced Kidney Care & Wellbeing Patient Conference (2026)

To patients living with chronic kidney disease (CKD), and their families, carers, friends, and potential living kidney donors

Your Advanced Kidney Care Team is pleased to invite you to a free patient conference taking place on:

 Wednesday 4 March 2026

 09:00–17:00

 Oak Room, W12 Conferences, Hammersmith Hospital Campus

To mark World Kidney Day 2026, we are hosting an immersive education and wellbeing day designed to support people living with kidney disease to live well, make informed choices, and take control of their health.

### Who is this event for?

- People living with chronic kidney disease at any stage
- People on peritoneal dialysis or home haemodialysis
- Kidney transplant recipients
- Family members, carers, friends, and potential living kidney donors

### What to expect

- Expert talks from the Imperial kidney and transplant teams
- Patient and donor lived experience sessions
- Practical education on transplantation, home therapies, vein preservation, and fatigue
- Small-group wellbeing workshops, including:
  - Physical activity
  - Plant-based nutrition
  - Stress management
  - Smoking cessation
- Lunch and refreshments will be provided.

### Programme highlights

- Introduction to Sustainable Kidney Care
- Plant-Based Diet: A Powerful Patient Experience
- Kidney Transplantation: Living Donation, medication adherence, and clinical perspectives
- Living Kidney Donor and Recipient Experience
- Vein Preservation and Home Therapies
- Fatigue Management in Kidney Care
- Afternoon wellbeing workshops in small, supportive groups

### Registration

Places are limited.

🔗 Please register as soon as possible using the link or QR code below.

If you are unable to register online, please speak to a member of your kidney care team.

<https://www.eventbrite.com/e/living-well-advanced-kidney-care-wellbeing-patient-conference-2026-tickets-1982182032819?aff=oddtcreator>

