



Introducing Kidney Beam, developed in collaboration with the NHS and Kidney Research UK

Kidney Beam is a new online resource that offers exercise, education and wellbeing classes specifically for people living with kidney disease. It is now **available for free via the NHS in Barnet, Camden, Enfield, Haringey and Islington**, in order to help you to stay healthier for longer.

We developed Kidney Beam because we know how important staying active is for your physical and emotional health. We know it can be hard to get motivated and feel safe when you exercise. The service supports people with kidney disease to:

- Become more physically active
- Get advice on nutrition
- Learn more about managing their condition

Why sign up for the Kidney Beam service?

Becoming more active, improving diet and looking after wellbeing can improve the health of your kidneys and help you feel better overall.

Classes are **done online, at your own pace and in the comfort of your own home**. Led by specialist kidney physiotherapists, the easy-to-follow video classes are suitable for beginners and can be completed sitting or standing.

The service has been clinically proven to improve physical and mental health for people with kidney disease.

How can I register?

Anyone with a diagnosis of kidney disease who is registered with a GP in Barnet, Camden, Enfield, Haringey and Islington can register for free. Signing up is easy:

1. Go to www.kidneybeam.com and click 'Register'
2. When prompted, enter your GP surgery
3. Fill in some brief details about yourself and your kidney health

If you need any help, you can email hello@kidneybeam.com and the Beam Team will be on hand to assist.