

# Renal Support Worker Service for Young Adults

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**Information for patients  
aged 16-35**

## What is a Renal Support Worker?

The Renal Support Worker works with patients who are living with kidney problems. They provide support and advice on a wide range of topics, and aim to help you with other challenges that you may be facing alongside your health condition.

They provide support for patients who live in the City of Edinburgh, the Lothian's or the Scottish Borders. This includes dialysis patients at the Royal Infirmary of Edinburgh, Western General Hospital, St John's Hospital and Borders General Hospital.

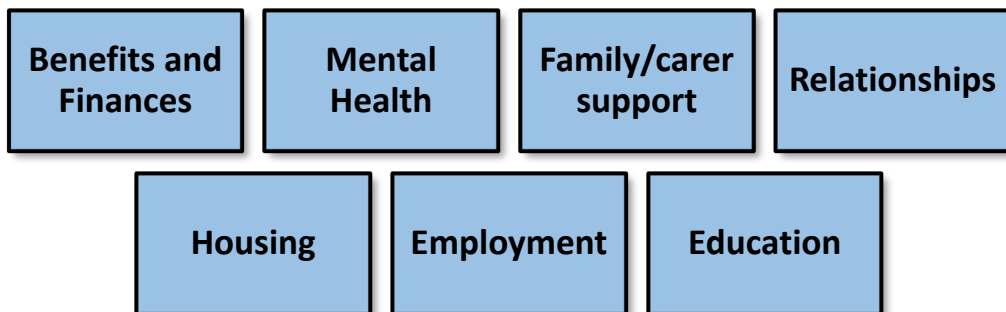
This support service is available for patients aged 16-35 with chronic kidney disease at any stage, including those on dialysis or who have received a kidney transplant.

## How can the Renal Support Worker help you?

They can provide one-to-one support and support through group activities, helping you to independently manage your kidney condition.

They work in collaboration with other members of the renal multi-disciplinary team and can refer you to other agencies outside of the NHS if needed.

Depending on your needs, they can support you in areas such as:



If you have an area for support not mentioned here, we may still be able to help, or put you in touch with someone who can. Just ask!

A support worker can attend appointments at the renal clinic should you wish.

## How can you contact us?

Ask a member of staff from your Dialysis Unit or a doctor who sees you in clinic to make a referral for you.

**Alternatively, if you feel you would like a chat, you can contact them directly on 07813555004 or 01312427853.**

Or email [renalyoungadultsupport@nhslothian.scot.nhs.uk](mailto:renalyoungadultsupport@nhslothian.scot.nhs.uk)

## What happens after a referral?

The Renal Young Adult Support Worker is based at the Royal Infirmary of Edinburgh.

**The service is available Monday - Friday 7.30am – 3.30pm.**

The support worker can meet you in the outpatient's clinics, on the ward, the Dialysis Unit, at home or somewhere in the community.

When the support worker meets with you, they will have a chat over the areas of support available.

Depending on your wishes and requirements we can catch up as little or as often as you would like after that.

## Useful Organisations and Phone Numbers

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| <b>Kidney Care UK (KCUK)</b><br>01420 541 424<br><a href="http://www.kidneycareuk.org">www.kidneycareuk.org</a>  | <b>Advice Shop Edinburgh</b><br>0131 200 2360   |
| <b>National Kidney Federation</b><br>0800 169 0936<br><a href="http://www.kidney.org">www.kidney.org</a>   | <b>The Junction</b><br>0131 553 0570<br>info@the-junction.org<br><a href="http://the-junction.org">http://the-junction.org</a>  |
| <b>Citizen's Advice Scotland</b><br>0800 028 1456<br>Edinburgh: 0131 510 5510<br><a href="http://www.cas.org.uk">www.cas.org.uk</a>                          | <b>City of Edinburgh Council</b><br>General Tel: 0131 200 2000<br>Social Care Direct (Adult): 0131 200 2324<br><a href="http://www.edinburgh.gov.uk">www.edinburgh.gov.uk</a> |
| <b>Care and Repair Edinburgh</b><br>0131 337 1111<br><a href="http://www.cre.scot">www.cre.scot</a>  | <b>Midlothian Council</b><br>0131 270 7500<br><a href="http://www.midlothian.gov.uk">www.midlothian.gov.uk</a>  |
| <b>VOCAL Carer Information</b><br>Edinburgh: 0808 196 6666<br>Midlothian: 0131 663 6869<br><a href="http://www.vocal.org.uk">www.vocal.org.uk</a>            | <b>East Lothian Council</b><br>01620 827 827<br><a href="http://www.eastlothian.gov.uk">www.eastlothian.gov.uk</a>  |
| <b>Carers of East Lothian</b><br>0131 665 0135<br><a href="http://coel.org.uk">coel.org.uk</a>   | <b>West Lothian Council</b><br>01506 280 000<br><a href="http://www.westlothian.gov.uk">www.westlothian.gov.uk</a>  |
| <b>Samaritans</b><br>0330 094 5717<br><a href="http://www.samaritans.org/scotland/b ranches/edinburgh/">www.samaritans.org/scotland/b ranches/edinburgh/</a> | <b>Scottish Borders Council</b><br>0300 100 1800<br><a href="http://www.scotborders.gov.uk">www.scotborders.gov.uk</a>  |
| <b>Princes Trust</b><br>0800 842 842<br><a href="http://www.princes-trust.org.uk">www.princes-trust.org.uk</a>   | <b>Let's Talk</b><br>0131 563 9000<br><a href="http://www.lets-talk.scot/contact/">www.lets-talk.scot/contact/</a>  |