

# Renal young adult support service

Information for renal  
patients aged under 30

## **What is the young adult support service?**

The renal young adult support service supports those aged under 30 living with kidney problems and who attend the renal unit. We offer different support to that of your doctor or nurse.

## **What does the young adult support service do?**

The young adult service provides support and advice on a wide range of different topics. The service isn't just here to help with your health condition; it also aims to help you with other challenges that you might be facing. We provide support through both group and one-to-one activities.

### **Group activities**

We intend to arrange social events for young adults throughout the year. These are for you to come along to, have fun and meet other young adults who are in a similar situation. Events include ten pin bowling, a seaside trip, ice skating, going out for a meal or an event in London. Please feel free to contact us if you have any ideas for future events.

### **One-to-one support**

A young adult worker can provide one-to-one support for challenges that you may be facing. Some of the main areas of support that may be provided are:

- emotional support
- sexual health
- relationships
- moving to adult services
- education
- starting university
- housing
- money and benefits

We also provide support with a number of additional topics, and if we aren't able to help then we can usually put you in touch with someone who can.

## How can I access support from the service?

Both the one-to-one support and group activities are open to all young people under 30 years old in the adult renal unit.

You can access the service by phone or email. This service is available from 9am to 5pm, Monday to Friday. It is not an urgent or emergency medical service.

## How can I contact the service?

Your young adult worker is: .....

**Tel:** 020 7794 0500 extension 33836

**Mob:** 07508 660 145

**Address:** Renal unit, 3rd floor,  
Royal Free Hospital,  
Pond St, London,  
NW3 2QG

## More information

For more information about kidney services at the Royal Free London visit our website:

[www.royalfree.nhs.uk/services/services-a-z/kidney-services](http://www.royalfree.nhs.uk/services/services-a-z/kidney-services)

## Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email: [rf.communications@nhs.net](mailto:rf.communications@nhs.net)

## Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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