

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 offers support for those under the age of 30 who are living with kidney problems and attend the Royal Free London renal unit. This service offers different support than you receive from your clinical team.

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 not only aims to help you with your physical health condition but also with other life challenges that you might be facing. We provide individual support as well as support through group activities.

Group activities

The renal support service arranges social events for young adults throughout the year. These events are for you to meet and socialise with support service users. Events could include virtual support group meetings, 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 can also advise on other issues you may be experiencing and refer you to another service if needed.

How can I access support from the service?

You can access the service by phone or email. This service is available from Monday-Friday, 9am to 5pm.

We are not an emergency service and cannot provide a rapid response in a mental health crisis. If you require urgent mental health support, please contact your GP or go to your nearest emergency department.

How can I contact the service?

Your young adult worker is:

Telephone: 020 7794 0500 extension 37571
Monday-Friday, 9am to 5pm

Mobile: 07508 660 145
Monday- Friday, 9am to 5pm

Address: Kidney and urology out-patient
department, 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

Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email:

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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