

Renal Counselling and Psychotherapy Team and Renal Social Workers



Information for patients, partners and carers

Renal Counselling and Psychotherapy Team

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Renal Outpatients Clinic

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Renal Counselling and Psychotherapy team

The Renal Unit offers a counselling service for patients, partners and carers.

Having renal failure, or caring for someone with renal failure, can cause a mixture of feelings that can be hard to cope with at times. Counselling does not tell you what to do but offers support. It can allow you to explore practical or emotional difficulties and help you to find ways of managing them. With the help of our counselling and psychotherapy team you can explore the effects of your decisions to enable you to gain a greater sense of wellbeing.

Some of the things that people come to see us about include:

- Getting used to life on dialysis or with a transplant
- Managing anxiety, depression and low mood
- Work and family concerns
- Managing changes in how you see yourself, including body image worries
- Relationships
- Sexual difficulties
- Loss and bereavement
- Life in general.

It may be helpful to have the space to share your worries, anger and fears with a qualified counsellor in a confidential setting. We may offer you medium or short-term counselling, depending on what you feel would be most useful. You can have counselling on a ward, one of the dialysis units, or in the counselling rooms in the Renal Outpatients Clinic. Please contact us if you wish to use this service or ask a member of staff to contact us on your behalf.



Renal Social Workers

The Renal Unit has its own social workers. They can help with the various problems that arise from having a long-term illness like renal failure. They provide information, advice and assistance to all renal patients - whether outpatients and / or inpatients.

These are some of the things they can help you with:

Benefits – help to work out what you may be entitled to and to complete forms.

Finances – advice about bills, debt management and the possibility of help from renal charities.

Housing – help to apply for housing or transfer to more suitable accommodation.

Practical help at home – information about the help that is available from your local Social Services Department and assistance to access it.

Relatives and carers – advice about getting practical help or relief for carers.

Work issues – help to negotiate hours and conditions with employers.

Legal issues – advice and information about immigration issues, power of attorney, making wills.

If you have a problem that is not on the list, we may still be able to help, or put you in touch with someone who can. We are available 9am – 5pm, Monday to Friday and can see people in Renal Outpatients, on the wards or the dialysis units. Please contact us to make an appointment or ask a member of the renal team to contact us.



Useful contacts:

Kidney Care UK

01420 541424

www.kidneycareuk.org

King's Kidney Patient Association

Keith Jarman

keithjarman_kkpachair@yahoo.co.uk

National Kidney Federation

Kidney patients helpline

0800 1690936

www.kidney.org.uk

Diabetes UK

020 7424 1000

www.diabetes.org.uk

Lupus UK

01708 731251

www.lupusuk.org.uk

Shelter

0808 800 034

www.shelter.org.uk

Carers UK

0808 808 7777

www.carersuk.org

City East London

Bereavement Service

020 3022 5177

www.celbs.counselling.co.uk

Cruse Bereavement Care

Freephone Helpline

0844 477 9400

www.cruse.org.uk

Relate

Helpline for relationship issues

0300 100 1234

www.relate.org.uk

Age UK

Helpline

0800 169 2081

www.ageuk.org

If you would like this leaflet in a different format or language please contact PALS on 020 3299 3601.