

Renal Counselling and Psychotherapy Team and Renal Social Workers



Information for patients, partners and carers

Renal Counselling and Psychotherapy Team

Amanda Logan
020 3299 6132

Sonali Seddon
020 3299 6760

Vinesh Bhimjiyani
020 3299 6760

Juliet Davies
020 3299 6760

You can refer yourself for counselling by email:
kch-tr.renalcounselling@nhs.net

Renal Social Workers

Sabina Smith
020 3299 2801
sabina.smith@nhs.net

Rachel Welsh
020 3299 6372
rachel.welsh@nhs.net

Renal Outpatients Clinic

Ground Floor, Cheyne Wing, King's College Hospital
Denmark Hill, London SE5 9RS

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 concerns
- 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 difficulties. They provide information, advice and assistance to all renal patients - whether outpatients or inpatients.

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

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

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

Housing – Advice on how to apply for housing and housing transfers.

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.

Legal issues – Signposting to specialist services for advice regarding power of attorney and 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

Richard Freeman

info@kkpa.org.uk

www.kkpa.org.uk

National Kidney Federation

Kidney patients helpline

0800 1690936

www.kidney.org.uk

Diabetes UK

0345 123 2399

www.diabetes.org.uk

Lupus UK

01708 731251

www.lupusuk.org.uk

Shelter

0300 330 1234

www.shelter.org.uk

Carers UK

0808 808 7777

www.carersuk.org

City and East London Bereavement Service

020 3022 5177

www.celbs.org.uk

Cruse Bereavement Care

Freephone Helpline

0808 808 1677

www.cruse.org.uk

Relate

Helpline for relationship issues

0300 100 1234

www.relate.org.uk

Age UK

Helpline

0800 055 6112

www.ageuk.org

Samaritans

116 123

www.samaritans.org

Mind

0300 123 3393

www.mind.org.uk

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please contact PALS on 020 3299 3601.**