

## Useful Contact Details

Lesley Shaughnessy (Team Administrator)	01438 284957
Bedford Haemodialysis Unit	01438 286750
Harlow Haemodialysis Unit	01279 278205 / 278206
Lister Haemodialysis Unit:	01438 285657 / 284152
Luton & Dunstable Haemodialysis Unit	01582 497538
St Albans Haemodialysis Unit	01727 897588

## Further Information



**Kidney Care UK**  
01420 541424  
[www.kidneycareuk.org](http://www.kidneycareuk.org)

### Lister Area Kidney Patients Association

(This is a local group for kidney patients and carers)  
[www.LAKPA.org](http://www.LAKPA.org)

### National Kidney Federation,

Helpline 0800 169 0936  
[www.kidney.org.uk](http://www.kidney.org.uk)



Enabling Young People to succeed

[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

You can request this information in a different format or another language.

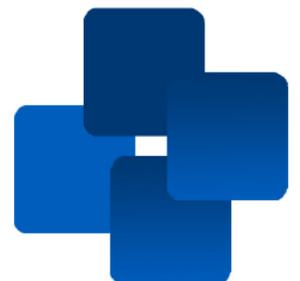
Date of publication: September 2019  
Author: Mandy Dolby  
Reference: YAS Serv      Version: 1  
Review Date: September 2022  
© East and North Hertfordshire NHS Trust

## Patient Information

### Renal Young Adult Service

Information for patients  
aged 16 - 25 years

Renal Department



## Introduction

The Renal Young Adult Service offers a wide range of confidential information, advice and guidance to young adults aged 16 - 25 years.

## How can this service help me?

Having a chronic illness, and sometimes the treatments for this, can be very challenging. The service has a Young Adult Worker who aims to help relieve some of the difficulties and hurdles you may be facing. We recognise that young adults have a wide range of issues they are dealing with, such as education, work, training, volunteering, youth work projects and programmes, health (including sexual health), relationships, drugs and alcohol, housing and much more.



If you feel that you are struggling with any issue or just need someone to talk to, then please contact us; no problem is too big or too small.

## Where is the service based?

The service is based in the Renal Department at the Lister Hospital and in each of the satellite haemodialysis units. There is also the flexibility to arrange to meet at a location and time that is suitable for you.

## Who is the Renal Young Adult Worker?

Mandy Dolby is our Young Adult Worker and she is available to meet with you on Tuesdays, Wednesdays and Thursdays.



## How do I contact the Renal Young Adult Service?

If you would like to speak to Mandy (Young Adult Worker), you can access the service by speaking to a member of our renal healthcare team:

**Lesley Shaughnessy (Team Administrator)** ☎ **01438 284957**

or email: [renalsupportservice.enh-tr@nhs.net](mailto:renalsupportservice.enh-tr@nhs.net)