

Renal Peer Support

Patients supporting patients

Renal peer support is an opportunity for our kidney patients to talk with an experienced kidney patient on a one to one basis.

Who is a peer supporter?

A peer supporter is an experienced kidney patient, and can be a family member or carer of a kidney patient who have had formal training to offer one to one support. They have a wide range of different experiences and are of different ages and backgrounds.

Is peer support only for patients?

No, it's also available for living donors, all families and carers of kidney patients.

Is peer support confidential?

All discussion between you and your peer supporter will be treated sensitively. However, the peer supporter is obliged to speak to a doctor or nurse if they feel that you, or someone else, is at risk of harm.

What can peer support not offer?

A peer supporter cannot offer any medical advice on treatment, they only share their own experiences.

Peer supporters cannot offer counselling but they can give you information and contact details of someone who can help.

How can I speak to a peer supporter?

Ask any of the renal team for a referral. Alternatively, you can contact the **Renal Social Work Team** directly by telephone on **01438 284957** or email rsw.enh-tr@nhs.net

If you would prefer to speak to a peer from outside of our Trust services, you can complete an online application on the **National Kidney Foundation** website:

www.kidney.org/treatment-support/peers

Will I have anything in common with the peer supporter?

We will do our best to match you up. You can ask for someone of your age group or background, or someone who is undergoing or had a specific treatment. Hopefully you will find that you do have things in common with your peer supporter.

Can I request peer support at any time?

Yes, you can request to speak to a peer supporter at anytime. It could be when you are given your diagnosis or considering treatment options, or you may just want to speak to someone who might understand how you are feeling day to day.

Why might peer support help me?

Peer support can be a useful source of information, help you to feel less isolated, and normalise your own thoughts and feelings about your renal care. Speaking to a peer could give you hope about living a happy and fulfilled life.

For further information about the renal peer support service, please contact the Renal Social Work Team (see useful contact details).

Acknowledgement

We would like to thank **Lister Area Kidney Patients Association** (LAKPA) for their continued support in training peer volunteers.
www.lakpa.org



Further information

- **National Kidney Foundation** www.kidney.org
- **Kidney Care UK** www.kidneycareuk.org
- **Kidney Research UK** www.kidneyresearchuk.org
- **Lister Area Kidney Patients Association** www.lakpa.org

Useful contact details

East and North Hertfordshire Teaching NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Renal Social Work Team:

- Telephone 01438 284957
- Email - rsw.enh-tr@nhs.net

Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

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