

NKF Peer Support Service for Those Affected by Kidney Disease



AKPA

RUN BY PATIENTS FOR THE BENEFIT OF PATIENTS



HELPLINE **0800 169 09 36**

www.kidney.org.uk

What is Peer Support?

Peer support is when people use their own experiences to help each other. There are different types of support, but they all involve giving and receiving support and bringing people together. The act of helping someone else as a way of paying back for help previously received, or just simply sharing experiences can be very rewarding.

Benefits of Peer Support

Peer support offers kidney patients in the UK a chance to talk to someone who understands what they are going through, providing them with practical information and emotional support, which can help them adjust to their illness and make informed treatment choices. This support can be particularly helpful in alleviating fears and anxieties about treatment options and providing a sense of control and confidence.

‘Peer Support is the Future’

The NKF Peer Support Service has now expanded, and is for all aspects of kidney care and management, including topics such as; caring for someone with kidney disease or kidney failure, chronic kidney disease and diabetes, dialysis including peritoneal and haemodialysis, transplantation and post-transplant experiences or donation processes and experiences.

We understand how isolating it can be to be affected by kidney disease, therefore we want to ensure that you have the accessibility and inclusivity that you need.

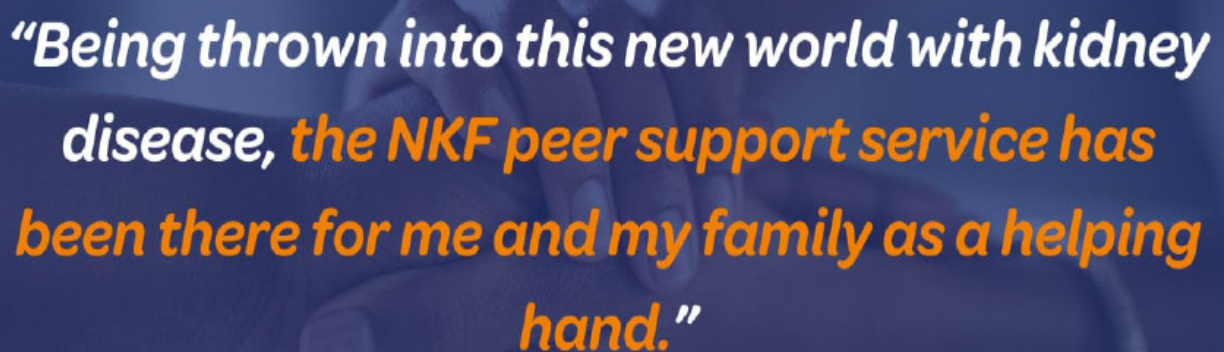
Regardless of the topic or question, we are here to connect you with the right peer supporter.

Our National Peer Support Service is a safe space where people can connect with our 'peers' to converse about lived experiences and they are there to support you. This might be over the phone, online, or in person.

Our free Peer Support Service is for...

- Individuals who have kidney disease
- Family members, partners or carers of somebody with kidney disease

The UK-wide national service offers an opportunity for individuals to have a one-to-one chat with a fully trained peer supporter who may have similar life experiences and lifestyle stories. Whatever the experience or query you may have surrounding kidney disease, we can connect you with one of our peer supporters.



*“Being thrown into this new world with kidney disease, **the NKF peer support service has been there for me and my family as a helping hand.**”*

Examples of topics you may need support on:

- Chronic Kidney Disease
- CKD & Diabetes
- Caring for somebody with kidney disease
- Dialysis
- Transplantation
- Wanting to donate a kidney

All of our Peer Supporters are fully trained and DBS checked and are between the ages of 20-80 years old.

They possess a wide range of experiences including:

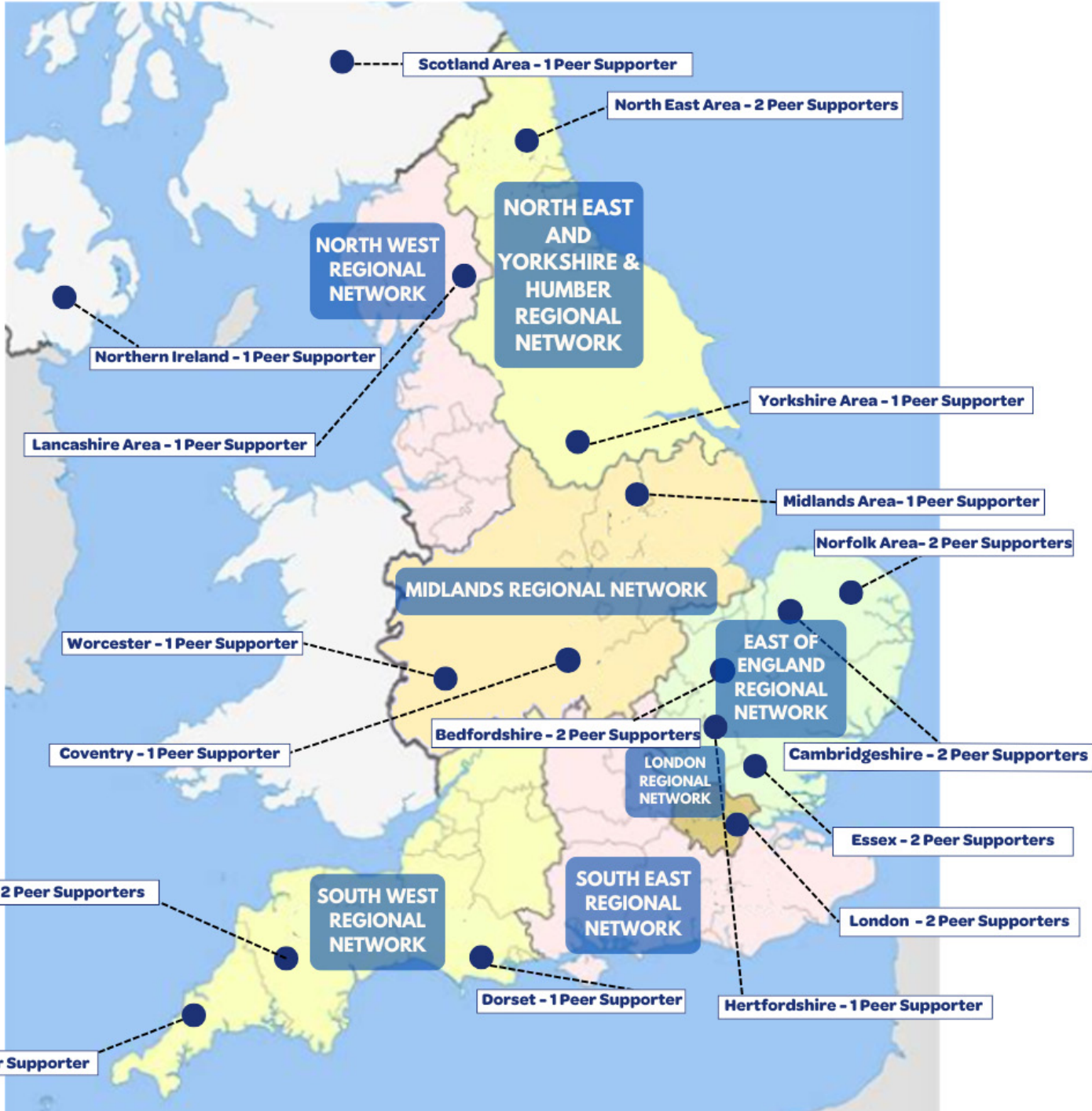
- Shared care
- Peritoneal dialysis
- Haemodialysis
- Home haemodialysis
- Nocturnal haemodialysis
- Balancing employment while on home dialysis
- Studying while on home dialysis
- Managing home dialysis with a young family
- Travelling while on home dialysis
- Dealing with chronic kidney disease and diabetes
- Preparing to give or receive a transplant
- Post-transplant
- Experiencing transplant rejection
- Receiving a kidney from a living donor
- Receiving a kidney from a deceased donor

*Whatever your query, if you would like to contact the
NKF Peer Support Service, call our Freephone
Helpline on **0800 169 09 36** from 08:30am – 5:00pm
Monday to Thursday and Friday 08:30am – 12:30pm
or email **helpline@kidney.org.uk***



Our 26 peer support volunteers are waiting to support you.

Where Our Peer Supporters Are Located...



Making a request for peer support

You or a health care provider can request peer support, by using our online patient referral form at the link below, or by scanning the QR code. Once you have submitted the form, the form will be sent to our Helpline. The referral form can be found at the link below.

<https://www.kidney.org.uk/forms/patient-referral-form-for-peer-support%20>



The National Kidney Federation cannot accept responsibility for information provided. The above is for guidance only. Patients are advised to seek further information from their own doctor.

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The NKF – the largest Kidney Patient Charity in the UK

A FEDERATION OF MORE THAN FIFTY PATIENT CHARITIES, SUPPORTING KIDNEY PATIENTS & CARERS

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