



## Renal Unit Patient Information

# Counselling for Renal Patients across Dorset

We are pleased to inform that all our renal patients across Dorset can now access free and confidential face to face or online counselling services.

If you are due to start dialysis, or you are already receiving dialysis, please do not hesitate to ask a member of our renal team to be referred to the Renal Counsellor.

If you are waiting for a kidney transplant, recovering from a kidney transplant, or maybe you are an altruistic kidney donor, you can also benefit from this service with our Renal Counsellor.

You can also talk to our Renal Counsellor if you choose not to have dialysis or a transplant, but choose for your kidney disease to be managed supportively.

### What is Counselling?

Counselling is a short-term talking therapy which can offer you the opportunity to explore issues, concerns or distress affecting your day-to-day life. The nonjudgemental and empathetic environment built on trust between you and your counsellor can create the safe space where you can feel confident enough to express your deepest thoughts and feelings without the fear of being judged.

### Renal Counselling

Our Renal Counsellor offers up to 15 sessions on a weekly basis, and each session is up to 50 minutes long. Sessions can be arranged face to face or online using the platform called AttendAnywhere.

AttendAnywhere is a very simple way of attending the sessions and very simple to navigate. Your counsellor will text or email you the link to your appointment that will take

you straight to the waiting room, which means you do not have to be an IT wizard to attend the session.

Face to face sessions are provided in both the Poole Dialysis Unit and in Dorset County Hospital Dialysis Unit.

Here is some feedback we have received from the Renal Patients already benefitting from sessions with our Renal Counsellor:

*'The service I received completely wiped out any initial anxieties and instead I found it an inspiring positive, gentle, realistic experience.'*

*'My counsellor was super friendly and easy to talk to. I think she was very helpful, especially with coping mechanisms.'*

*'Very helpful, gentle talking and exploring my attitudes.'*

*'I feel I not only better understand myself, but my surroundings, and to some extent other people too.'*

If you think you could benefit from talking to our Renal Counsellor, please ask a member of the Renal Team to refer you. The counsellor will then contact you in due course.

### **Contact Numbers:**

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the following Dorset County Hospital Staff:

Renal Specialist Nurses: 01305 254782

Renal Secretaries: 01305 255269

### **Useful Websites:**

[www.kidney.org.uk](http://www.kidney.org.uk)

[www.dorsetkpa.com](http://www.dorsetkpa.com)

[www.kidneycareuk.org](http://www.kidneycareuk.org)

## About this leaflet:

Author(s): Eliza Modzelewska, Renal Counsellor  
Written: May 2024  
Approved: February 2025  
Review Date: February 2028  
Edition: 1

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [patientinformation.leaflets@dchft.nhs.uk](mailto:patientinformation.leaflets@dchft.nhs.uk)



© 2024 Dorset County Hospital NHS Foundation Trust  
Williams Avenue, Dorchester, Dorset DT1 2JY  
[www.dchft.nhs.uk](http://www.dchft.nhs.uk)