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### Useful Numbers

Mayflower Ward	01752 431485
Plymouth Transplant Nurses	01752 437145
Renal Outpatients	01752 431197
Dialysis Unit	01752 431692
OxfordTransplant Nurses	01865 226104

Southwest website [swtransplant.com](http://swtransplant.com)

Patient Info on pancreas transplant at  
[www.ouh.nhs.uk/patient-guide](http://www.ouh.nhs.uk/patient-guide)

This leaflet is available in large print and other formats and languages.  
Contact: Administrator  
Tel: 01752 437580

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### Patient Information Leaflet

### Kidney and Pancreas Charity and Peer Support Group



Derriford Hospital  
Derriford Road  
Plymouth  
PL6 8DH  
Tel: 0845 155 8155



## Who are the friends of Derriford kidney unit?

- Patients of Derriford Hospital, who have chronic kidney disease, undergo dialysis or have received a kidney or pancreas transplant together with their carer`s. Any age is welcome.
- Unpaid volunteers who are trained to give peer support to other patients on the renal unit.
- Members of the friends of Derriford charity.

## What do they do?

- Provide a buddy system to offer practical and emotional support to patients with chronic kidney disease those requiring dialysis and kidney/pancreas transplant. The group provides an opportunity to chat to people who have experienced various forms of treatment.
  - This can be:
    - When diagnosed
    - When deciding the type of dialysis
    - When joining the transplant list
    - When considering transplantation

- When you simply need to talk to someone who has been there before.
- Trained volunteers visit the unit and offer peer support to patients in hospital on the renal unit.
- The charity fundraise to provide equipment and resources for patients on Mayflower ward, Plymouth dialysis unit, CKD and transplantation through car boot sales, cake sales and table top sales.
- Sit on different hospital meetings to represent patient views.
- Present at patients education sessions and open evenings to give a patient perspective.
- Be involved in hospital open days and organ donor awareness week.

## When do they meet?

- Formally three times a year where patients are invited to attend a meeting to hear presentations on new developments within the renal unit and listen to talks from members of staff representing different departments within the hospital trust. It also gives the opportunity to see what activities the charity group have been involved with and what equipment has been brought.

Ideas of how to raise money is always welcomed. Stay for lunch and chat with other patients.

- Informally once a month to meet for coffee to share stories and support with one another over good company.

## What can the friends of Derriford not offer?

- Offer advice about medical matters including kidney disease and their effects of medication, which should be discussed with your nurse or doctor.
- Offer counselling because they are not trained counsellors.

## How can I become a member of the friends of Derriford?

If you are interested in joining the group or just want to meet on one of the coffee mornings **please contact:**

**Linda Boorer**, Transplant Nurse Consultant, on [lindaboorer@nhs.net](mailto:lindaboorer@nhs.net)

or

**Mandy Clark**, Chairty Chair, on [beaumaris132@yahoo.co.uk](mailto:beaumaris132@yahoo.co.uk)