Services available in region Jan 2023

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| Unit | Service | How contact | Comments/location when face to face |
| Exeter | 6hrs/wk social worker via CAB paid by EKPA | Contact Jean Aplin via EKPA  [admin@edkpa.org.uk](mailto:admin@edkpa.org.uk) | Being reviewed with plans to increase |
| Exeter | 9 hr/week psychologist | Senior clinician referral via psychology MDT |  |
| Exeter | Talking Health renal practitioner, based in renal unit full time available remotely on renal unit Monday pm | Via Talk works renal practitioner Aimee Palmer |  |
| Devon | Talk works | Self-referral online  <https://www.talkworks.dpt.nhs.uk/get-in-touch> | East Devon  Exeter, Mid Devon, Okehampton, Barnstaple, Paignton, Newton Abbott, Torquay, Tavistock, Ivybridge |
| National | NKF Peer support service and helpline | <https://www.kidney.org.uk/peer-support>  0800 169 09 36 M-Thurs 0830-5pm Fri 9-1pm |  |
| Cornwall | Talking therapies | 01208 871 905  <https://www.cornwallft.nhs.uk/osw-contact-us> self-referral on link | Bude, Liskard, Saltash. Roche, Wadebridge, Hayle, Penzance, Redruth |
| Dorset | Steps2Wellbeing (talking therapies) | <https://www.dorsethealthcare.nhs.uk/steps2wellbeing>self-referral on link | Bournemouth and Christchurch, North and West Dorset, Poole, Purbeck and East Dorset, Southampton, Weymouth and Portland |
| Somerset | Talking therapies | <https://www.somersetft.nhs.uk/somerset-talking-therapies/> self-referral | Chard, Bridgewater, Wells, Taunton |
| Bristol, N Somerset and S Glouc | Talking therapies (Vita Minds) over 16 years | <https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services/> self-referral |  |
| Gloucestershire | Let's talk service (talking therapies) | <https://www.ghc.nhs.uk/our-teams-and-services/letstalk/>  0800 073 2200 |  |
| Youth workers |  | NBT 0.2 wte  ? Plymouth -  charity funded  Exeter waiting for B4 0.2wte | Ali Jenkins [Alison.Jenkins2@nbt.nhs.uk](mailto:Alison.Jenkins2@nbt.nhs.uk) |
| Social worker |  | DCH 0  Exeter as above 6hrs/wk  Plym 0  Truro 0  Glouc  NBT business case |  |
| NKF | Help-I need somebody to help Webinar 1hour | <https://www.kidney.org.uk/help-i-need-somebody-help-webinar> | Covers struggling with your thoughts, feelings, moods, relationships, work and housing relating to kidney disease |
| Regional KCUK | Trish Moroney | Patient Advocate |  |
| Kidney Care UK | National Counselling service patients can have 6 sessions | **01420 541 424, or email** [**info@kidneycareuk.org**](mailto:info@kidneycareuk.org) with your telephone contact or email details so our team can get in touch. | [Counselling and support service | Kidney Care UK](https://www.kidneycareuk.org/get-support/counselling-and-support-service/) |
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