

Contact details

The team is based at the following addresses:

CAMH Learning Disability Team

Brookside Family Consultation Clinic

Douglas House
18 Trumpington Road
Cambridge
CB2 8AH

T 01223 746038

E CamhLDTeam@cpft.nhs.uk

or

Newtown Centre

Nursery Road
Huntingdon
PE29 3RG

T 01480 415300

E CamhLDTeam@cpft.nhs.uk

We will contact referrers if we need additional information.

Useful websites

National Autistic Society
www.nas.org.uk

Mencap - the voice of learning disability
www.mencap.org.uk

Pinpoint Cambridgeshire - by parents, for parents
www.pinpoint.org.uk

Parent Partnership - education-related issues
www.parentpartnership.org.uk

“Our member of staff was always really positive about our son and this really lifted our spirits.”

“We were able to talk freely about our issues and felt that we were being listened to and not judged”

Parents' comments

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service

0800 052 22 52

Mondays to Fridays from 5pm to 10pm;
Saturdays, Sundays and Bank Holidays from 8am to 10pm.

FOR MORE INFORMATION:

HQ Elizabeth House, Fulbourn Hospital,
Cambridge CB21 5EF.

T 01223 726789 **F** 01480 398501

www.cpft.nhs.uk

Child and Adolescent Mental Health Service

Learning Disability Team



April 2013

Information for parents
and carers

A member of Cambridge University Health Partners



The CAMH Learning Disability Team is a team of practitioners specialising in meeting the psychological and emotional needs of children and young people with a learning disability.

What is a learning disability?

A learning disability is not an illness. It is a lifelong condition that affects about 1.5 million people in the United Kingdom. A learning disability affects the child/young person's intellectual functioning and sometimes their physical development. It is important to remember that, like all children, they will have different skills and abilities. With the right help, focussing on their strengths and addressing their needs, children with learning disabilities will have the opportunity to develop new skills.

Who do we work with?

Many children and adolescents are troubled at some time in their lives; this is no different if you have a learning disability. Examples of the types of issues we frequently work with are: behavioural difficulties, anxiety, self-harm, emotional difficulties, attention/over activity problems, family relationships and social development.

Who are we?

We all have different specialist experience and roles. We will match the skills to what it is you need. The team consists of:

- Child and adolescent psychiatrist
- Clinical psychologists
- Community nurses - learning disabilities
- Support workers
- Team co-ordinators

How can we help you?

Our starting point is to talk with you and your child. This will help us understand the nature of your child's need. Understanding the difficulties will enable us to decide how we may be able to help. We will decide jointly with you on the best action plan for your family.

We can offer the following:

- individual therapy
- monitor and review your child's medication
- assessment - eg, mental health concerns/challenging behaviour
- contribute to multi-disciplinary assessments - eg, of autism and ADHD
- advice and support to manage the difficulties described above
- work with you as a family

The team works closely with other professionals involved in your child's life - eg:

- Social care teams
- Schools, school nurses and education services/educational psychologists
- Child Health Services - ie, occupational therapy, speech and language therapy, physiotherapy
- Early years support
- Respite care providers and voluntary organisations

Who should be referred?

Not every child with a learning disability will need input from our service. We see families where the difficulties have become hard to manage and/or where there are substantial worries about a child's/young person's behaviour or emotional well-being.

Access and eligibility criteria?

We see young people with a learning disability who are:

- registered with a Cambridgeshire GP
- aged between 0-18 years

If your child is registered with a Peterborough GP, please contact the Peterborough CAMH LD Team on 01733 777939

Where are appointments held?

Some of our appointments will take place in the home. Sometimes appointments might take place at one of our clinics close to your home. We also try to attend meetings with professionals from other agencies such as school or the child's social worker to help resolve issues.

What to expect from a first appointment

An initial assessment will be offered with one or two members of the team and this will take about one to two hours. The assessment will help us to better understand the needs of your child and the family and allow you to find out more about what we can offer. We will ask for your consent to liaise with other professionals involved with your child.

How to refer

Referrals must be made by a professional working with the child/young person in writing using a multi-agency referral form or letter.

We recommend if parents have a concern, they talk to one of these people first - they may be able to solve the problem. However, if the child has been previously known to the service, parents can re-refer directly to us.

