



# Health Support

An information booklet for parents/carers of children and young people

## General Practitioners

General Practitioners (GPs) treat patients with a variety of common medical conditions and refer patients to hospitals and other medical services for urgent and specialist treatment. They focus on the health of the whole person combining physical, psychological and social aspects of care.



## Community Paediatrician

Community paediatricians are specially trained doctors for children and young people aged 0 to 19 years old.

Community paediatricians perform one-to-one assessments in clinics. This may involve taking the patient's history, carrying out a clinical examination and further investigations if needed. They will also organise ongoing monitoring and future therapy as well as referral to more specialist services if necessary and appropriate. Community paediatricians also run clinics for children with special problems such as feeding or language and special clinics for young children or teenagers with development problems or a disability.

Your child can be referred to the community paediatricians by their GP, a nurse (including health visitors and school nurses) or another health professional.

## Children and Young People's Service (CYPS)

CYPS provides a service to all children and young people aged 0-18 years living in Newcastle and Gateshead who present with mental health difficulties. Services for children and young people with a learning disability are provided through collaboration between CYPS and the Community Learning Disability Team. Referrals are accepted from any professional working with the child or family or self referrals, either in writing or by phone.

The service is able to provide:

- Assessment, diagnosis and intervention on a range of mental health issues.
- Intensive response and home-based treatment when mental health issues are causing significant concern.
- An intensive Eating Disorder Service to support children and young people on the eating disorder pathway who are at risk of an inpatient admission.
- A transition support package to those young people approaching their 18th birthday who may need continuing support as adults.

**Tel: 0191 246 6913**

## Community Nursing Service

The Children's Community Nursing Service provides specialist children's services to children and young people up to the age of 19 years.

They provide advice and support to children and young people, families and carers to ensure your child can continue to enjoy their everyday lives. Where appropriate they provide professional support and training to educational staff to help your child continue to attend nursery or school.



They work in partnership with Hadrian and Sir Charles Parsons special schools in Newcastle to provide primary and specialist nursing care to their pupils, and they support children with health needs in mainstream and ARC provisions.

**Tel: 0191 282 3450**

## Moving from children's to adult health services

This should be discussed at the Preparing for Adulthood Review (Year 9), or with your child's paediatrician or other health professionals involved. Ensure you and your GP receive details of the arrangements for any ongoing care and the names and contact details of those professionals, and when the transfer will happen.

## Children's Nutrition Services

The Paediatric Dietetic Team promotes good nutrition to enhance growth and development in children and young people. The dietitians see children and their families as part of their outpatient appointments with doctors and nurses at clinics in the hospital. They also see patients in specific nutrition clinics. They provide information and support on a range of issues around diet, food and health, including:

- cow's milk protein allergy
- growth faltering
- poor oral intake
- fussy eating
- poor weight gain
- deficiency of vitamins and minerals



Patients can also be referred to the paediatric dietitian by their GP.

**Tel: 0191 282 3957**

## Community Children's Physical Therapy Services

The Community Children's Therapy Services provide specialised Physiotherapy and Occupational Therapy to children in Newcastle who have long-term disabilities and complex health needs. Referral is through a health professional involved in your child's care, e.g. GP, nurse or hospital doctor. Referrals can be made by the local council's Early Education Additional Support Team for pre-school young children, or for housing assessments, a social worker from the Children with Disabilities Team.

**Tel: 0191 282 3452**

## Paediatric Speech and Language Therapy Service (SALT)

The Paediatric SALT Service supports children up to the age of 18 who live or go to school in Newcastle. They have an 'open referral system'. This means that anyone, including parents, can refer a child to be seen by one of their expert team. They help children with a range of problems including:

- understanding or using spoken language
- using speech sounds
- chewing and swallowing
- voice disorders
- speaking fluently (stammering)
- using appropriate communication skills

**Tel: 0191 282 3085**

## Community Dental Service

Provides treatment for people with learning difficulties/dental phobic. Please contact the service in your area for an appointment:

Arthur's Hill Clinic - 0191 282 3209  
Kenton Centre - 0191 282 3800  
Walker Centre - 0191 213 8997  
Molineux Street NHS Centre - 0191 213 8550



## Continence service

If your child is aged 3+ and still using continence products then help is available to promote continence. Ask your health visitor for an assessment and advice. If your child is school age, then a continence assessment can be undertaken by your GP or school health advisor. Further help and advice is available from Louise Marsland, Paediatric Continence Advisor.

**Tel: 0191 282 3451**

## Annual Health Checks

Young people 14 plus, with a learning disability are entitled to a free Annual Health Check. It gives young people a chance to get used to their GP, discuss their worries and for any health issues to be picked up quickly. Ask your GP about this.

## Health Action Plan

Everyone with a learning disability is entitled to have a Health Action Plan. Make an appointment to see a health worker. This might be a doctor, nurse, or someone else who helps with your young person's health.

The Health Action Plan will help with getting the right information about their health and how to do the right things to look after themselves, e.g. eating food that is good for them and doing exercise. It also looks at being safe at home, or when they are out, having enough money and somewhere nice to live, having friends and interesting things to do.

For further help or information contact Suzanne Taylor, Learning Disability Nurse Primary Care.

**Tel: 0191 210 6868**

## Hospital Passport

This is a document to help patients with a learning disability to provide staff with important information about themselves. It can be completed with family, support staff or health professionals. These are usually offered if a patient attends a pre-assessment clinic or hospital appointment. Contact Alison Forsyth or Heather Jarvis, Learning Disability Acute Liaison Nurses.

**Tel: 0191 282 9936**

## Sex and relationships - health support from sensitive services

### Josephine and Jack Project

They use drama, role playing and interactive group activities to promote awareness around health and relationship issues.

Web: [www.josephineandjackproject.co.uk](http://www.josephineandjackproject.co.uk)

Email: [simon@josephineandjackproject.co.uk](mailto:simon@josephineandjackproject.co.uk)

Tel: 0191 261 4090



### Learning Disability/Sexual Health Nurse

New Croft Sexual Health Centre now has a Learning Disability/Sexual Health Specialist Nurse who can provide sexual health education, support and advice for individuals who have a learning disability within Newcastle. This can be provided on a one-to-one basis both within New Croft Sexual Health or the patient's own home / GP practice.

Contact: Amanda Holmes

Tel: 0191 282 6504 / 282 6706

Email: [Amanda.Holmes@nuth.nhs.uk](mailto:Amanda.Holmes@nuth.nhs.uk)

Web: [www.newcastlesexualhealth.com](http://www.newcastlesexualhealth.com)

### Teenage Kicks

Teenage Kicks is a team managed in partnership with Newcastle City Council which was created to tackle teenage pregnancy and provide informal sex and relationship education (SRE) to young people.



The project runs informal workshops for young people aged 13-18 living in Newcastle. The sessions cover a range of themes including self esteem, sexually transmitted infections, delaying sexual activity, contraception and assertiveness.

Teenage Kicks SRE Team - New Croft Centre

Tel: 0191 229 2913

### Wheelchair Services Team

This team carry out assessments and supply equipment such as specialist pushchairs or buggies. A referral can be made by any health professional working with your child.

Web: [www.newcastle-hospitals.org.uk](http://www.newcastle-hospitals.org.uk)

Search - "Wheelchair Services"

### Local Offer

The Local Offer describes the services available for children/young people with special educational needs or disabilities (SEND) aged 0 - 25 and their families.

Email: [localoffer@newcastle.gov.uk](mailto:localoffer@newcastle.gov.uk)

Web: [www.newcastlesupportdirectory.org.uk](http://www.newcastlesupportdirectory.org.uk)

Select SEND Local Offer



## Health Visiting and School Health

Health visitors work with families who have young children from birth up to the age of 5, ensuring the child is developing properly and to provide information on services when needed.

School Health Advisors provide services for young people from age 5 up to 19.

Every child or young person in education has a named health Visitor or School health Advisor.

Tel: 0191 282 3411

### Healthwatch



Healthwatch England is the national consumer champion in health and care. They have significant statutory powers to ensure the voice of the consumer is strengthened and heard by those who commission, deliver and regulate health and care services.

Healthwatch Newcastle can help you by providing free, confidential and independent information about where to find social care and health services in Newcastle upon Tyne. They can also help you if you are unhappy with your care or treatment or that of a friend or family member.

Their 'Just ask' helpline is available Monday to Friday, 9am to 5pm, on 0808 178 9282 (free from landlines) or text 07551 052 751.

Web: [www.healthwatchnewcastle.org.uk](http://www.healthwatchnewcastle.org.uk)

Tel: 0191 338 5720

### Patient Advice and Liaison Service (PALS)

PALS are there to help when you need advice, want answers to questions, want to know who to talk to or find out how to get help. They provide confidential advice and support, helping you to sort out any concerns that you may have about any aspect of NHS care.

Web: [www.newcastle-hospitals.org.uk/patient-guides/patient-advice-and-liaison-pals.aspx](http://www.newcastle-hospitals.org.uk/patient-guides/patient-advice-and-liaison-pals.aspx)

Freephone: 0800 0320202

Text: 01670 511098

### Mencap



They work with people with a learning disability and their families to support them to live their lives as they choose.

Web: [www.mencap.org.uk](http://www.mencap.org.uk)

Helpline: 0808 808 1111 (Mon-Fri 9am - 5pm)

## Skills for People

This booklet is produced by the Skills for People, a charity run by disabled people. We are based in Newcastle upon Tyne and for over 25 years we have been helping disabled people to speak up for themselves and make their own choices about their lives. Our work is led by disabled people and their experiences are at the heart of all we do.

Our Family Advice Workers support families with disabled children/young people up to the age of 25. They help families by giving practical advice, appropriate to their needs and working across all agencies such as education, social care, health, benefits, leisure and voluntary services. Their services are free to parents/carers.

We produce a range of information booklets, factsheets and "How To" guides. Visit our website to see the full range: [www.nsn.org.uk/resources](http://www.nsn.org.uk/resources)

## How to get in touch

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Newcastle upon Tyne  
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Facebook: [facebook.com/skillsforpeople](https://www.facebook.com/skillsforpeople)

Twitter: [@skillsforpeople](https://twitter.com/skillsforpeople)



Facebook: [on.fb.me/1istYKg](https://www.facebook.com/on.fb.me/1istYKg)



Newcastle parents of children with disabilities  
and special needs working together

Facebook: [Pass it on Parents Newcastle](https://www.facebook.com/PassitOnParentsNewcastle)

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