NHS
Lancashire &
South Cumbria
NHS Foundation Trust

we are your PALS Patient Advice & Liaison Service

Patient Advice and Liaison Service (PALS)

If you have some concerns, questions or need advice on our services, you can contact the Patient Advice and Liaison Service (PALS) on **0800 234 6088** or email **PALS@lscft.nhs.uk**

Feeling low and need someone to talk to?
Call **0800 915 4640**
Monday to Friday 7pm - 11pm
Saturday to Sunday 12pm - Midnight

Need urgent help?
Call **0800 953 0110** 24 hours a day, 7 days a week

This leaflet is available in alternative languages and formats upon request. Please speak to a member of our staff to arrange this.

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Leaflet code: FW**CLDS21**

We are LSCft

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Lancaster and Morecambe Children's Community Learning Disability Service Information

Information for parents/carers of children and young people

We are

kind • a team • respectful • always learning

We are LSCft

Who are we?

The Children's Community Learning Disability Service is a team of healthcare professionals that provide assessment, support and advice to children and young people up to the age of 18 who have moderate to severe learning disabilities and their parents and other carers; this can be for a variety of physical, emotional and behavioural health issues.

We work in partnership with other services from health, education and social care to ensure a holistic approach is used for every family. We are also able to provide a consultation service to other professionals regarding our service should this be needed.

Our service and the work we do are in line with professional guidelines, government directives and up to date research.

The team includes:

- Registered Learning Disability Nurses
- Clinical Psychologist
- Consultant Psychiatrists
- Occupational Therapist

We believe that early intervention can help parents and carers to manage difficulties that are encountered on a daily basis.

What we do

We provide specialist support to children with moderate to severe learning disabilities.

Our assessments are carried out by qualified professionals and we plan our interventions around each individual child or young person. We work with individuals, families and schools to assess and identify need.

What kind of issues can we help with?

The following are some of the issues that we can support with:

- Behaviours that challenge
- Emotional literacy
- Anger management
- Anxiety
- Sleep
- Sensory awareness
- Toilet training (if there is a behavioural element)
- Puberty, personal relationships and sexual health
- Keeping safe
- Family sessions

We also run a number of groups which we aim to offer as first line intervention including:

Behaviour support Course
We have a range of courses available which can be delivered virtually and/ or face to face.
The courses we offer are based on evidence based behavioural principles for parents/carers who have a child with a learning disability. It is for parents who would like to try different approaches to manage their child's behaviours.

Sensory
We offer a workshop which can be accessed virtually or face to face to explore with you your child's sensory needs and consider strategies that may be adopted in daily life to support with meeting these needs.

Sleep
The sleep workshop can be offered virtually or face to face. These sessions will help you consider good sleep hygiene principles and suggest some ways to help children who have difficulties settling at night or wake during the night.

How to contact us

We accept referrals from all agencies for children who are registered with a GP in the Lancaster and Morecambe area.

Parents and carers can refer through their GP, Social Worker, school or other professionals for children and young people that are registered to a GP in the Lancaster and Morecambe area.

We would ask that as much information as possible is given within the referral to help our referrals team process the referral efficiently. Please contact the referral hub on 01772 520202 if you require a referral form.

Our service works in episodes of care, therefore should your child or young person have been known to us in the past parents/carers are able to self refer.

If you require any further information or advice, we have a nurse on duty Monday – Friday 9am -5pm who can be contacted on 01772 520202.

Children's Learning Disability Service
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