



## 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

## Paediatric Learning Disability Service Information

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

Information for parents/carers of  
children and young people

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Leaflet code: PLDS21

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## 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 on 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
- Registered Paediatric Nurse
- Support Workers
- Clinical Psychologists
- Consultant Psychiatrists

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:

### Riding the Rapids-primary and secondary

Riding the Rapids is a 10 week course 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.

### Incredible Years

Incredible years is a 16 week course for pre-school children that focuses on engaging your children through play, adapted for children with additional needs, it builds on the relationship with your child to begin to introduce rules and boundaries.

## How to contact us

We accept referrals from all agencies for children who are registered with an East Lancashire/ Blackburn with Darwen GP who have a diagnosis of moderate to severe learning disability.

We have an open referral process and accept referrals from all professionals and families themselves.

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.

If you require any further information or advice, please call to speak to a nurse between the hours of Monday – Friday 9am -5pm on the number below.

Paediatric Learning Disability Service  
Second Floor  
The Mount  
Whalley Rd  
Accrington  
BB5 5DE  
Tel: 01254 226481