Specialist Service for Children with Learning Disabilities

Helping people from small to big

Working together, working with you
Who are we?

Go to www.nbt.nhs.uk/cchp to see pictures of the team.

"All the people are really nice"

There are 7 mobile phones hidden throughout this leaflet – can you find them?
How can we help you?

Someone to talk to.

Looking after yourself.

Social / family.

Keeping safe.

Learning to control feelings.
We will... Listen. Help. Support.

We won’t... Be angry with you. Tell you off. Blame you.

“"It’s fun. I liked everything I’ve done.""
Tom (Community Nurse) came because I was getting cross/angry and instead of dealing with it I was taking it out on those around me.

He first met me with my Mum and Dad at home.

Tom had a chat with us and played games with me.

He arranged to meet at home again. We had another chat and played some more games.

After that me and Tom met up at school as well as at home. We talked and played games.

When he came to school he would come at break time or dinner time or in lesson time.

He is trustable, kind and friendly. He would introduce you to other people who are also kind, trustable and friendly.

Since talking and playing games with him and the people he’s introduced me to I have got way better at controlling myself when I am angry and instead of getting at others I try my best to calm down.
My name is Charlie, I was a bit nervous and shy the first time I met anyone from this team because I didn’t know what they were going to do. My Mum had already met one of the nurses and she told me it would be okay.

Two people came to my house and we all sat on the floor with some ‘Teddy bear’ cards.
The cards had pictures on, some happy ones some sad or angry. We took it in turns to say who the teddy bears faces reminded us of.

It was good fun and it got more comfortable as it went on.

After we finished, we decided that one of the ladies would come and see me at home and at school. I was really happy about this. She said that she would help me talk to my teacher about the things that were making me nervous.

She came to see me at home too and we did some drawing, we drew pictures of my family. We talked about some of the things I needed help with like washing and looking after my body. She made me a chart to help me remember what to do, I liked it.

I have got to know the lady very well and I like seeing her.

She said that when we stop working together she will send me a letter to say goodbye.
How do you feel?

I am happy when ..............................................................
......................................................................................

I am sad when ..............................................................
......................................................................................

I am worried when ......................................................
......................................................................................

I am angry when .........................................................
......................................................................................
It’s my world

My World

My Favourite Food...

My Friends Are...

I Am Good At...

My Hobbies Are...

My Favourite TV Programmes
Find the words:
1. Happy
2. Hope
3. Scared
4. Listening
5. Play
6. Good
7. Goals
8. Sad
9. Smile
10. Hug
All the information that you give to us is confidential. We will ask for your permission before we share any information with other services. However, if there are child protection concerns, we are required to share information.

**Equal Opportunity**
We welcome everyone and treat everyone with respect.

**Feedback**
Your views and opinions are valuable to us. We would welcome your feedback.

**Complaints**
If you are unhappy with the service you receive, please talk to us if you feel able to. If you are still not happy, please contact Advice and Complaints by email:

howtobeheard@cchp.nhs.uk
Thanks to...

All the children, young people, parents and carers for participating in the design and production of this leaflet.

You can see more pictures of how the children view the service at www.cchp.nhs.uk

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This leaflet has been produced with input from children who this has happened to.

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