

# Newham Health Team for Adults with Learning Disabilities



**020 7059 6600**



# The Newham Health Team for Adults with Learning Disabilities



This leaflet tells you about this team and what we do.

We are a team of different health professionals. We work with adults with learning disabilities who have specialist health needs.



## **We explain difficult words at the back of the leaflet**



We work with:



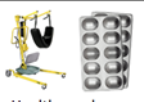
- ✓ adults with severe to profound learning disabilities who have an unmet health need and
- ✓ are 18 or over
- ✓ have a GP in Newham



We can't work with you:

- just to find out if you have a Learning Disability without a related unmet health need
- If you have specific learning difficulties e.g. only dyslexia
- to find out whether you have High Functioning Autism / Aspergers
- If you have mild/moderate learning disabilities and can use mainstream service with reasonable adjustments
- if you got an acquired brain injury as an adult

# The Newham Health Team for Adults with Learning Disabilities

Referral form	
 Name	
	
 Health needs	

Anyone can make a referral to this team



When we get a referral, we will contact you, your family or your staff to find out more about your health needs



You can get help from any of the health professionals in the team. The next pages of the leaflet tells you what people in this team do

# Art Therapy



Art therapy helps people think about their feelings and experiences when talking is difficult.



Art Therapists support people to make art work to help show how they feel.



Making art with a therapist can help you to understand your feelings better.



Art Therapy is held weekly and in a private and safe space.



# Community Nursing



Community Nurses help you to understand more about your body and your health.

Community Nurses can help you to understand the choices you can make about your health.



Community Nurses help you with health problems like diabetes, epilepsy, skin and constipation.



Community Nurses work with mainstream health staff to make sure they know how to work with people with learning disabilities.



Community Nurses can work with hospital doctors and nurses to help you get good care in hospital.

# Occupational Therapy (OT)



## What do we help with?

An occupational therapist will try to help you get the most from life as independently as possible.



## We will look at:

- What you can do for yourself
- What you like to do
- How you spend your time
- What you find difficult



## What might happen?

We will talk to you. We might also talk to people who know you.



We might do activities with you.

We could try and help you to feel more relaxed and comfortable in your body.



We could help make activities easier for you.

We could provide new equipment.

# Psychology



Most of the things we talk about are private. We will agree together who else should know what we talk about.



Psychologists help people if their feelings are a problem. Psychologists talk with you about health, thoughts, feelings and relationships.



Psychologists can work with you, your family or your staff. Together we think of new ideas that might be helpful to you.



Psychologists help when what you do harms you or other people. Psychologists try to understand why these things are happening.

# Psychiatry



Psychiatrists are Doctors

Psychiatrists meet with people who might have problems with mental health



Mental health is how you feel inside

Some people feel sad, worried or angry. They might not be able to keep themselves safe



Psychiatrists can say if medication might help with these problems



Psychiatrists make sure the medication is helping and you are ok



# Physiotherapy



Physiotherapists help you to become as independent as possible.



Physiotherapists help you look after your body shape.



Physiotherapists provide therapy using trampolines and swimming pools.



Physiotherapists make personal exercise programs and teach your carers how to help you carry them out.

# Speech and Language Therapy (SLT)



SLT can help you understand what people say.



SLT can help you tell people what you want.



SLT help other people to communicate well with you.



SLT can help you if you have problems with eating and drinking.



# Word bank

**Mainstream services** means anyone can use them

**Specialist services** are for people who find it too difficult to go to mainstream services.

**Health professionals** are people trained to help with health needs. Health professionals include Nurses, Therapists, Psychologists and Psychiatrists.

**Unmet health need is** the problem that you need help with

**GP** is a doctor. They work in GP practices or surgeries. They are the person you go to when you are ill. They can refer you to other specialist doctors e.g. hospital doctors

**Physical health** means body health

**Mental health** means feelings and behaviour

**A Referral form** is a form to fill in. It is the way someone can ask for help for themselves or for someone else from this team

**Reasonable adjustment** is about what can services do to make sure people can use their services

# Keeping information about you safe



You will be treated with dignity and respect.



We keep information about you on our computers

We need a password to see information on our computers

Only people working with you will look at your information



All personal information will be kept confidential unless you tell us something which may put yourself or others at risk

We will have to share this information



# Keeping information about you safe



We can see information that Social services have written about you. Social Services can see what we have written about you



We can see information your GP has about your health. The GP can see information we have written about you



We can see information about what hospitals have said about Hospital staff can see information we have written about you



If you do not understand, or you have any more questions about how we keep your information safe, please ask us

# Getting to 29 Romford Road



This is what 29 Romford Road looks like

**The entrance for Newham Health Team for Adults with Learning Disabilities is on the side in Deanery Road**



This is what the entrance on Deanery Road looks like

# Getting to 29 Romford Road



The 25, 86 and 308 stop near 29 Romford Road  
The nearest bus stop is Litchfield Avenue



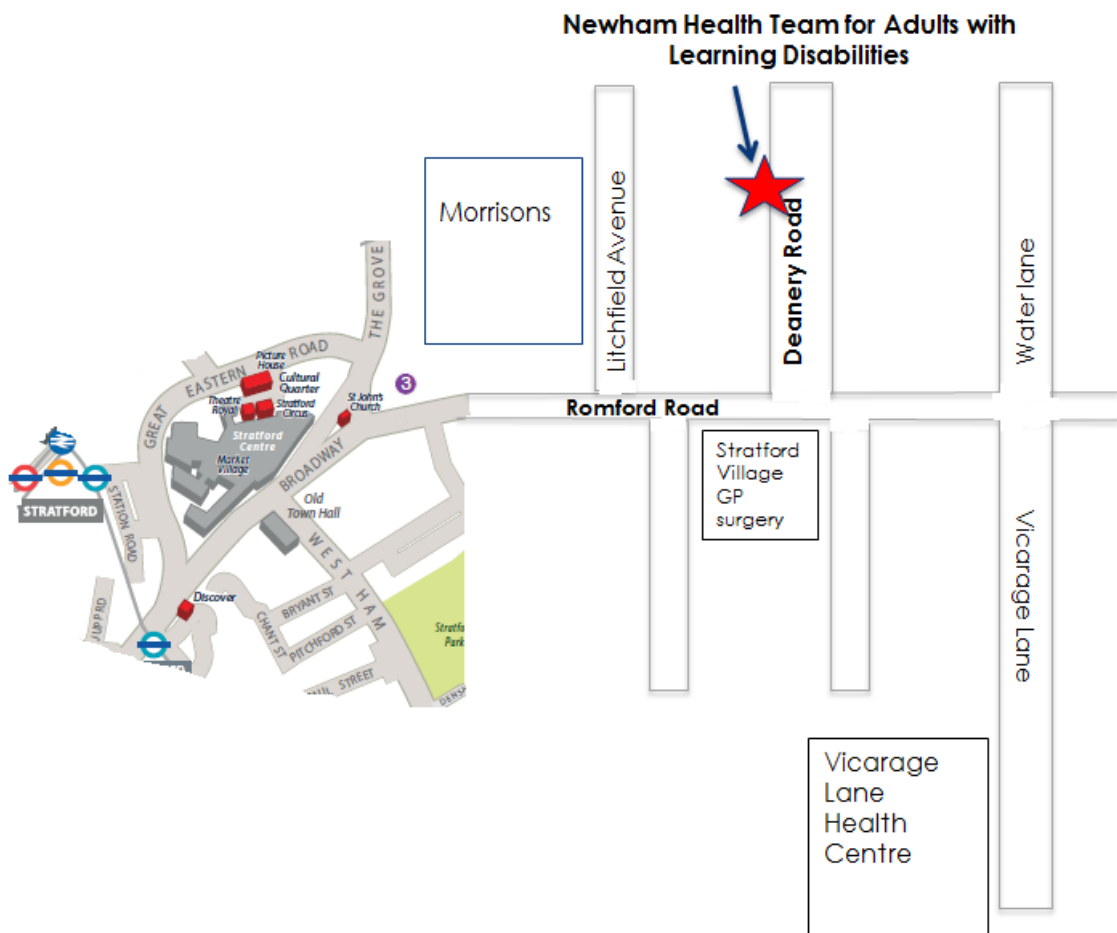
Stratford Train Station is near

Stratford High Road DLR Station is near

Maryland station is near



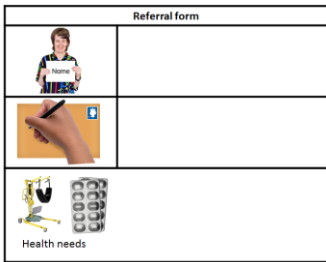
We do not have a carpark. You can pay to park on the street



# How to contact us or make a referral



Anyone can contact us to ask a question



Anyone can contact us to make a referral



# 020 7059 6600



**Newham Health Team for  
Adults with Learning Disabilities  
29 Romford Road  
Stratford  
E15 4LY**



# elt-tr.newhamLD@nhs.net