



# South Gloucestershire Community Learning Difficulties Team

Sirona care & health C.I.C is a Community Interest Company registered in England and Wales with company number 07585003. Our Registered office is: Headquarters Building, Kingswood Civic Centre, High Street, Bristol BS15 9TR. We are publicly funded through the NHS and local authorities and are a not-for-profit social enterprise.

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## Who are we?

The South Gloucestershire Community Learning Difficulties Team (CLDT) is a multi-disciplinary team of specialist health practitioners.

We provide person centred approaches to meet individual's identified health needs.

The CLDT works with adults 18 years of age and over, who have learning difficulties and meet the eligibility criteria.

## Hospital Liaison Nursing Southmead Hospital

- Work with people before and during their admission, including some out-patients appointments, Midwifery Services and accident and emergency.
- Facilitate any reasonable adjustments or desensitisation work needed for a successful visit.
- Identify carers needs and offering support to them during admissions.
- Supporting hospital staff with meeting mental capacity assessments, communication, safeguarding and discharge arrangements.
- Work with all adults with a learning difficulty accessing the hospitals regardless of where they live, their funding or their registered

## Dietitian

- Provide individual, holistic and evidence based advice for those with:
  - Unintentional weight loss
  - Complex obesity
  - Severe behavioural issues which impact on the nutritional adequacy of diet
  - Certain conditions requiring dietary modification e.g. Coeliac disease, diabetes, gastro-intestinal disorders etc.
- Provide training and advice to staff supporting people with learning difficulties.
- Work alongside dietetic colleagues and other agencies to ensure continuity of care.

## Where are we?

We have one base:

### **Church House**

1 Church Road, Soundwell, Bristol  
BS16 4RH

Telephone number: 0300 1245888

## What is a Learning Disability?

- A significantly reduced ability to understand new or complex information, or learn new skills (impaired intelligence, IQ below 70) with;
- A reduced ability to cope independently (impaired social functioning);
- Which started before adulthood, with a lasting effect on development.  
(Valuing People, DH 2001)

## Psychological Therapies

Psychologists and Arts Therapists help with:

- Worry and stress
- Feeling low or depressed
- Self-harm
- Relationship problems
- Loss, change and bereavement
- Challenging behaviour
- Keeping well mentally

We do this by:

- Working directly with the person 1:1
- Running groups
- Working with carers
- Providing training and consultancy
- Arts therapists can use art materials, drama or music and talking together to help people express their feelings.

## Psychiatry

- Assessment and treatment of additional mental illness, including depression and anxiety.
- Assessment and treatment of complex epilepsy particularly where it contributes to challenging behaviour.
- Assessment and treatment of autism and / or ADHD particularly where it contributes to challenging behaviour.
- Assessment, treatment and management advice where dementia is suspected.
- Advice on management under Mental Health Act / Mental Capacity Act with emphasis on risk.
- Advice on relevant physical health problems and genetic syndromes.

## Our aims

- Provide health advice, intervention and support to people with learning difficulties and their carers.
- Provide a specialist multi-disciplinary approach to meet the health needs of people with learning difficulties.
- Provide training and education to carers and others.
- Assist people to access appropriate mainstream health services and work jointly with mainstream health and social care colleagues.
- Work in partnership with other agencies in the provision of services to people with a learning difficulty.

## What happens next ?

- The referral form will go to our team to discuss whether we can help you. We will then write to you to tell you.
- If we need to know more about you we will phone you to arrange to visit. Two people from our team will visit you at home, to talk to you and your carer to complete an eligibility assessment. The people who visit you will then write a report about you. The team decides if we can help you or whether a different service would meet your needs.
- If we can provide a service you will be allocated to the appropriate specialist team.

## Positive Behaviour Support Team

- The Positive Behaviour Support Team is a specialist team of qualified Practitioners and experienced support workers.
- We work with service users whose behaviours have changed and are presenting as a challenge.
- We also work with carers and service providers.
- Our interventions are usually short and focused but we do treat every referral as needed.
- We can help with Risk Management, Care Planning, Environment suitability assessments and training.

# Community Nursing

- To work with individuals their relatives and other agencies to improve the quality of life and manage complex health conditions, i.e. epilepsy management and support with mental health.
- To promote awareness of the health needs of people with learning difficulties within mainstream services and the use of reasonable adjustments.
- To promote Health Action Plans and health promotion.
- To support individuals to manage their own health needs as far as possible, using accessible information to aid understanding.

There is an open referral system. Referrals can be made by:

- Service users
- Family members
- Doctors
- Social workers
- Health professionals
- Care providers
- Referral forms are available from the internet at:
  - <https://www.sirona-cic.org.uk/services/learning-difficulties-team/>
  - **OR from the CLDT base:**
  - **Church House – 0300 124 5888**



## Occupational Therapy

- Occupational Therapists offer assessment, training, advice and equipment to enable people to be as independent as possible.
- Improve your skills in shopping, cooking, cleaning and doing your laundry etc.
- Improve your skills in washing yourself and keeping healthy.
- Improve your skills in feeding yourself.
- Assessing how your senses affect how you experience / understand the world (Sensory Processing).
- Assess your skills and the support you need to live as independent as possible

At the end of our work together, we will give you a report on the work we have done. You can share this with people you know.

## Speech and Language Therapy

- We work with people who have communication and / or swallowing needs
- We assess and advise people who are having difficulties with eating, drinking and swallowing
- We work to develop inclusive communication environments around the person that supports all forms of communication
- We support people to develop verbal and nonverbal communication systems and ways of interacting including e.g. signing, symbols, pictures, objects, communication aids. This includes helping people to understand what is happening, where they are going, etc.
- We provide training and support to carers and others around all aspects of communication and swallowing needs

## Physiotherapy and Hydrotherapy

- Provide postural management programmes
- Assess for specialist equipment
- Provide hydrotherapy and rebound therapy
- Assess for suitable exercise and positioning programmes
- Provide training and education to carry out programmes
- Support service users at other appointments

## The Team

- Speech and Language Therapists
- Occupational Therapists
- Physiotherapists including Hydrotherapy service
- Community Nurses
- Positive Behaviour Support Team
- Psychiatrists
- Psychological Therapies
- Dietitian
- Hospital Liaison Nurses