

University Hospitals Plymouth NHS Trust



You said 'I want more information before my appointment and within the waiting areas'



A photo of the doctor

Ethan Y5



QR codes now available in reception and waiting area

I'd be a little less anxious if I knew what the meetings would involve.

Mia Y6



Created an underwater theme in waiting room



Added more guidance to the waiting room

I would like to know who I am going to see.

Lola Y6

Waiting areas to be quiet with toys available



You said ‘We want support available whilst waiting’



Created an online resource for you to use



Live waiting times



Access to support



Access to services

To be able to look at a website or blog to see if my questions can be answered there.

Jack Y5

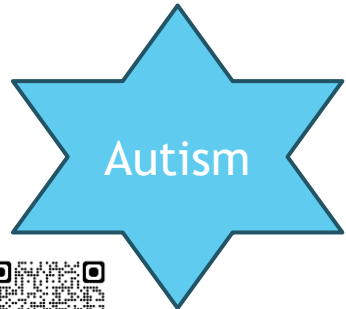


A booklet telling me what to expect at each appointment with the date and who I'm seeing.

Theo Y5

You said 'I want more resources available during and after diagnosis'

✔ Access to the following QR codes:



✔ Access support from the neurodiversity wellbeing team:



Children and Young People's Neurodiversity Wellbeing Team

A confidential, free advice line available to all children, young people and their families who are on the Neurodiversity Pathway within Plymouth.

What we offer

Advice and support including:

- Sleep
- Diet
- Anxiety
- School difficulties
- Friendships
- Positive support strategies

Contact us

Please call 01752 435404
Monday to Friday
9 - 11am and 2 - 4pm



Please complete our questionnaire using the QR code provided.

We support people to lead independent, healthy lives

More questions because I don't know what autism means.

Theo Y5

Relief!

Ethan Y5

You said 'I want support groups'



Created groups with Routeways and Plymouth Parent Carer Voice.

Children's Minds-Families Matter

Hosted by Routeways & Plymouth Parent Carer Voice
With Ruth Houghton CAMHS Community team
James Cook Child Development Centre

Free activity, support & participation group for families
supporting young people with mental and emotional health issues

2nd Saturday of every month
2-4 pm
Devonport Park Activity Centre,
Fore Street
Plymouth PL1 4BU

Contact Rose Taylor at Routeways 01752 864716

September 11th Change & transitions.	October 12th Behaviour strategies.	November 9th Understanding emotions & feelings.
December 11th Resources & groups available locally.	January 11th Puberty, relationships & how to have THAT talk.	February 8th Eating.
March 14th Sleeping.	April 14th NO SESSION Easter Weekend	May 9th Planning for Summer holidays, transitions & activities.
June 11th Online safety	July 11th End of year celebration and planning ahead.	August NO SESSION SCHOOL HOLIDAYS

Livewell Southwest

Livewell 
Southwest *We support people to lead independent, healthy lives*

You said 'I want more information before my appointment and within the waiting areas'



School Nurse/Health Visitor will provide relevant resources



School Nurse/Health Visitor will signpost you to offers



CYP Speech and Language Service website



Access to Kooth, the Zone, Parent Carer Voice



CAMHS Intensive Behavioural Support Team (IBST)



Learning Disability and Autism Programme (LDAP)



Mental Health Support Teams (MHST)

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Mia Y6

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Lola Y6

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Receive phone number



Speech and language service -
Request for Help 01752 434844

**NEW Health Visiting and School Nursing
TEXT SERVICE**

PARENTS, CARERS, YOUNG PEOPLE.

If you'd like some health advice or support, but are a bit worried about seeing or talking to a professional, our new ChatHealth is perfect for you!

Simply text one of the numbers below and one of our team will text you back

0-5 years Parents Service 07480 635188	6-19 years Parents Service 07480 635189	15-19 years Young People's Service 07480 635198
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Livewell



Access to chat health



CAMHS Early Help Advice line
01752 431613



CAMHS IBST provide 1-2-1 support.

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Jack Y5

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Theo Y5

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Positive Mental Health Padlet QR Code



Relief!
Ethan Y5



School Nursing – Livewell Southwest



Health Visiting – Livewell Southwest



Family Nurse Partnership – Livewell Southwest



Livewell Southwest launch two unique health websites for children and young people

Livewell Southwest

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Offer training to parents/carers



CAMHS provide the following:



Young person Understanding my Autism (ASC teenage group)



ADHD parent group.



Positive mental health for young people with learning disabilities within the special needs schools in Plymouth



Provide psychoeducational support after diagnosis.

Children and Young People's Speech and Language Therapy Service:
Getting Help – Parent and Carer Training Offer

Livewell
Southwest



Parent and Carer Training

Following your Request for Help call you may be offered the opportunity to book on to one of our **free**, virtual training sessions. These are small group sessions for parents and carers led by Speech and Language Therapists (on Microsoft Teams). There will be some information and ideas from us on each topic and there may be an opportunity to share strategies that have worked for you at home.

'**Attention Builders**' will look at developing attention skills to support young children's communication.

'**Signing to develop Speech, Language and Communication**' explores why we sign and provides the chance to learn and practice a selection of everyday early language signs to get you and your child started.

'**Speech and Cued Articulation**' will talk about typical, delayed, and disordered speech sound development. You will learn about Cued Articulation and other strategies to support speech sounds. There is also a video below on our webpage.

'**Stammering**' will talk about the causes of stammering and how you can best support your child at home. There will also be time to share your concerns and experiences. This is aimed at parents/carers of children of preschool or primary age.

The sessions are run on a rolling programme with each topic being covered once every six weeks. The sessions last either an hour or an hour and a half depending on the topic.



If you are interested in these sessions please speak to your allocated therapist or contact the Admin Team on 01752 434844