

Useful Numbers

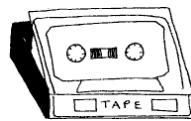
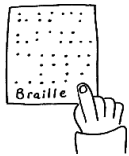
- Trafford Council: 0161 912 2000, www.trafford.gov.uk
- Trafford Adult Protection Line: 0161 912 5135
- Trafford Patient Advice & Liaison Service (PALS): 0161 746 2019
- Trafford Carers Centre: 0161 848 2400
- Trafford Welfare Rights Service: 0161 912 2735 (Mondays, Tuesdays, Thursdays 9.30am to 12.30pm) welfare.rights@trafford.gov.uk
- Trafford Housing Trust: 0300 777 7777
- Trafford Single Point of Access: 0300 323 0303
- One Stop Resource Centre: 0345 299 0798
- Trafford Wheelchair Service: 0161 611 3722
- Trafford Community Leisure Trust: 0161 826 3940
- Trafford Social Care <https://myway.trafford.gov.uk/web/portal/pages/home>



An introduction to your local specialist learning disability service Adult CLDT Trafford



This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

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Leaflet code: E-TCLTD-12-541



This leaflet tells you how the team can help you.

About this leaflet



This leaflet tells you about the Community Learning Disability Team and the support we offer.

We hope you find it helpful and easy to understand.

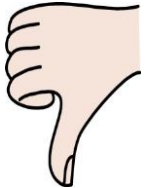
If you need help to understand this leaflet please ask us for help.

Your comments

We want to know what you think about the service you receive from the Community Learning Disability Team.



What was good



What was bad



You can talk to the health staff who support you. They will listen to you and try and sort things out for you.

Or you can talk to the Patient Advice and Liaison Officer.

They will listen to your comments and try to sort things out for you.



You can telephone the Cheshire and Wirral NHS Foundation Trust Patient Advice and Liaison Officer.

The telephone number is **0800 195 4462**



How to contact us

By letter

Adults CLDT Trafford
1st Floor
Waterside House
Sale Waterside
Sale
M33 7ZF



By telephone

0161 912 2810
(Office hours are Monday – Friday
9.00am till 5pm)



Who we help



We help people with a learning disability aged 18 years and over who have a Trafford GP.



We also help family members, friends and carers who look after people with a learning disability.



Before we decide if we can help you we will talk to you. We will ask you what you want and what you need. This is called an assessment.

Meet the team

Transition Worker



I can help with:

Planning to make sure we help and support young people to successfully move through transition into adult services in the best way possible.

Challenging Behaviour and Autism Nurse Specialist



I can help with:

Specialist advice and support regarding challenging behaviour

Meet the team

Community Learning Disability Nurses



We can help with:

- Advice, support and treatment for health problems.
- Talking to you about your health needs, this is called a health assessment.
- Making a health action plan. This means we will try to make sure your health needs are met.

Autism Support Coordinators



We can help with:

Working with local people and services like colleges, doctors and libraries to help them understand what support adults with autism need.



Meet the team

Physiotherapy



We can help if:

- You need signposting and advice around your posture. Posture is the position you hold your body and limbs in when standing, sitting or lying down.
- You need help with your mobility.
- Your GP would like me to give you advice and support if you have chest infections.

Community Support Workers



We can help with:

- Giving information about how to be healthy
- People who need extra support to attend health appointments
- Helping you to do your health action plan

Meet the team

Occupational Therapists



Occupational Therapists can:

- Help develop your skills and be more independent
- Help your carers support you to have a varied day
- Help you and your carers understand your behaviour. This may be because you have sensory difficulties.

Speech and Language Therapists



We can help with:

- Signing, communication aids, talking and understanding.
- Problems with eating, drinking or swallowing.

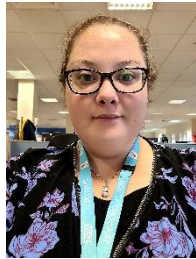
Meet the team

Psychology



We can help with:

- How you and your carer understand your emotional problems
- Looking for the best way to support you when you feel upset and angry



Psychiatrist



I can help you:

- If you are feeling sad, angry or anxious
- I will make sure the medication you are taking is making you feel better
- I can also change your tablets if they are not working

Meet the team

Specialist Health Facilitator for Hospital Liaison



I can help with:

- Helping hospital staff to understand how they can help you to use the hospital
- Helping you to understand hospital tests and treatment

Health Facilitators



We can help you:

- Helping you see your doctor or nurse.
- Getting to health checks at your doctors.
- Helping people understand you might need extra help at health appointments and hospital.

