

# **Gateshead Community Learning Disability Team**

**Patient information leaflet**



## Introduction

This leaflet provides information about the Community Learning Disability Team (CLDT). If you are not sure about anything in this leaflet please ask a member of staff.

## What we do

We work with adults aged over 18 with a diagnosis of a learning disability who find it hard to use mainstream services.

We support people who have specific mental health, physical health or behaviours that challenge due to their learning disability.

We work with you and other professionals like social services, education and voluntary services.

## How we help

The Gateshead Community Learning Disability Team will:

- Talk about what is important to you.
- Talk about what you want to change.
- Talk about things you can do with our help.
- Help other people look after you.

We give you and those supporting you advice and support to help meet your healthcare needs.

We can also diagnose people with a learning disability who have a healthcare need if required.

## The team



### Speech and Language Therapists

Work with people who need help communicating and understanding other people, and with eating and drinking.



## **Community Nurses**

Provide advice, support and treatment for people with a learning disability who have a variety of physical and mental health needs. We also work with people who have behaviours that challenge.



## **Clinical Psychologists**

Provide assessment and treatment for people with behaviours that challenge, emotional difficulties and mental health difficulties.



## **Physiotherapists**

Provide treatment for physical health conditions around movement, function and postural management.



## **Psychiatrists**

Are doctors who provide assessment and treatment of mental health problems.



**Non-medical Prescribers**  
Can prescribe and review your medication.



**Occupational Therapists**  
Focus on promoting your independence and wellbeing and help you with everyday activities.



Help to identify how you process sensory information like touch, sight, sound, smell and taste and how this affects your daily life.

## Where we work

We can see you in lots of different places. Places like your own home, day centres, hospitals and clinics.

We can see you on your own or with carers, family, friends or staff with you. We also offer group support if you'd like.

## How to be seen

We have an open referral system. This means anybody can refer themselves or somebody else. The person being referred must agree to the referral being made.

Referrals can be made:

- by telephone or letter
- in person
- by completing a referral form available from Bensham Hospital

When a referral is made we can:

- talk to you about what we can do to help
- ask you if you are happy for us to work with you



You can say **yes**

You can say **no**

**It is up to you**

If you can't make decisions, and someone else needs to make them for you, then they must think about what is best for you. This person could be a family member, carer, advocate or another professional.

To work out what is in your best interests, they must listen to what you want, ask people who know you and make sure you are involved.

## How to contact us



Gateshead Community Learning  
Disability Team  
Bensham Hospital  
82 -84 Fontwell Drive  
Gateshead  
NE8 4YL



**Telephone:** 0191 478 0650



**Email:** [GatesheadLD@cntw.nhs.uk](mailto:GatesheadLD@cntw.nhs.uk)

We **do not** provide an emergency response service.

- Call 999 if you need urgent medical attention
- For non-urgent support call 111 and select the mental health option 2

This service is available 24 hours a day, 7 days a week. You will speak to a mental health professional who will listen and help you find the right support.

If you are Deaf or have communication difficulties, you can:

- Text 07860 064 775
- Use [signvideo.co.uk/nhs111](https://signvideo.co.uk/nhs111)
- Contact 18001 111 using the Relay UK app

## Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. If you want to complain we will give you a leaflet to explain how to, or you can talk to a member of staff.

If you think there are things we could do to make our service better please tell a member of the team.

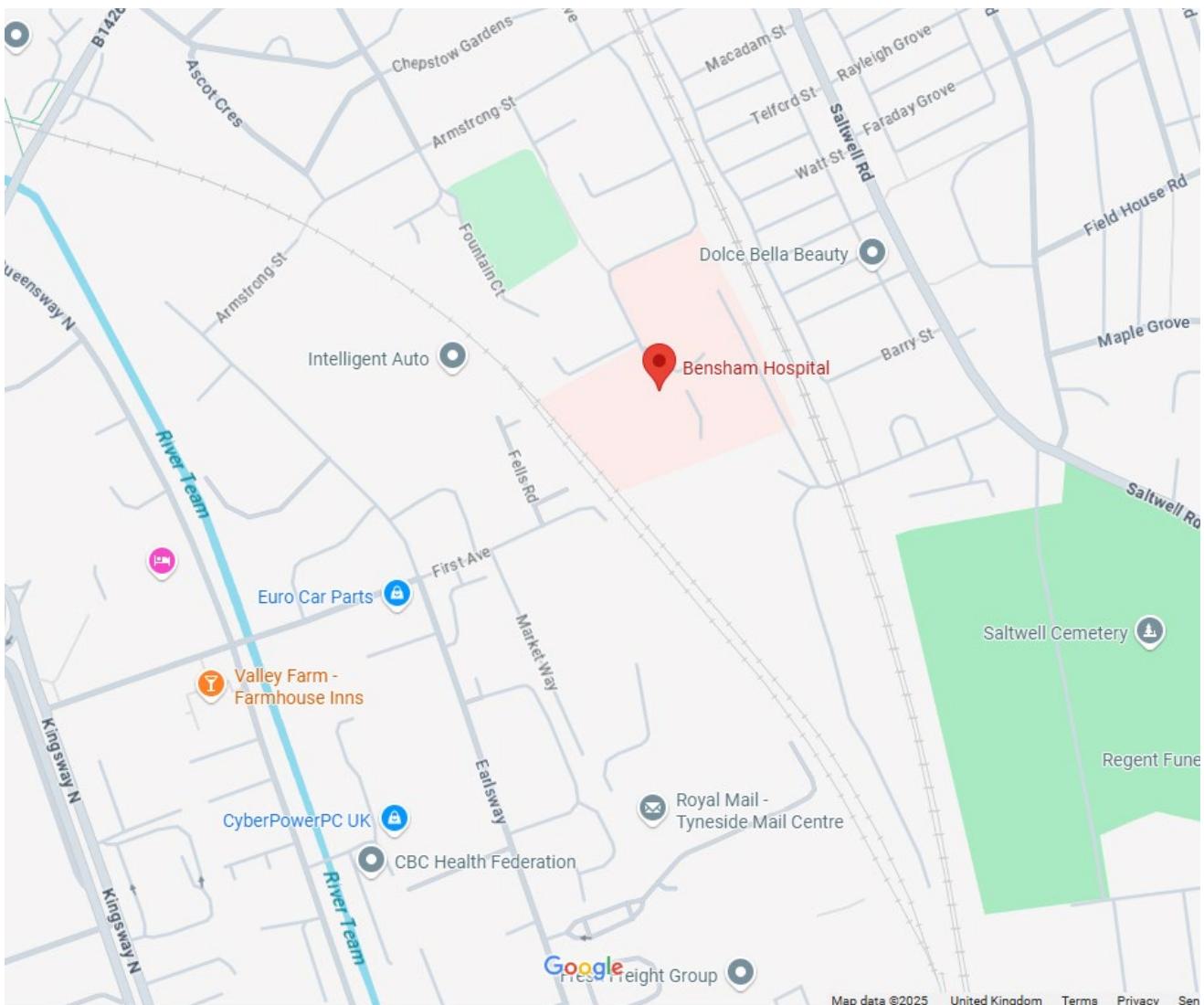
You can also give feedback by scanning this QR code and filling in a Your Voice survey.

Please use the team code:  
LDGHDAT



# How to find us

## Bensham Hospital



**Entrance:** Bensham Hospital, Fontwell Drive

**Nearest bus:** TB29 from Gateshead Interchange stand 6. Runs from 9am to 4pm  
[www.gonortheast.co.uk](http://www.gonortheast.co.uk)

**Nearest Metro:** Gateshead Metro, Gateshead Interchange  
[www.nexus.org.uk/metro/timetables-and-stations/gateshead/timetable](http://www.nexus.org.uk/metro/timetables-and-stations/gateshead/timetable)

**Office hours:** Monday to Friday, 9am to 5pm

For further information contact Traveline

Telephone: 0191 20 20 747

Website: [www.traveline.info](http://www.traveline.info)



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre on telephone 0191 246 7288

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