

North Cumbria Children's Learning Disability and Behaviour Support Service



Contents page

Introduction	3
Jargon busters	3
What is Global Developmental Delay?	4
What is a Learning Disability?	4
What is Autism?	5
How to refer	5
Learning Disability Service	6
Learning Disability Support.....	7
Fizzy Feelings Workshop	8
Empowering Parents	9
Confident Minds Programme	10
Positive Behaviour Support (PBS)	11
Peer Support	12
Early Intervention Behaviour Support Service	13
Programmes and Workshops	14
NAS EarlyBird.....	15
NAS EarlyBird Plus.....	16
Introduction to Behaviour.....	17
Interpreters	18
What if I have a comment, suggestion, compliment or complaint about the service?	18
Contact details	19

Introduction

The workshops and programmes in this booklet will help you to support your child. Workshops are held in various locations.



Jargon busters

Throughout this booklet some words have been shortened; this is what they mean:

LD	Learning Disability
MDT	Multi-Disciplinary Team
GDD	Global Developmental Delay
GP	General Practitioner (your family doctor)
NAS	National Autistic Society
CNTW	Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
NICE	National Institute for Health and Care Excellence
PBS	Positive Behaviour Support

What is Global Developmental Delay?

This term is used when a child takes longer to reach most of their developmental milestones compared to other children their age (e.g. learning to walk, talk, movement skills, learning new things, socialising).

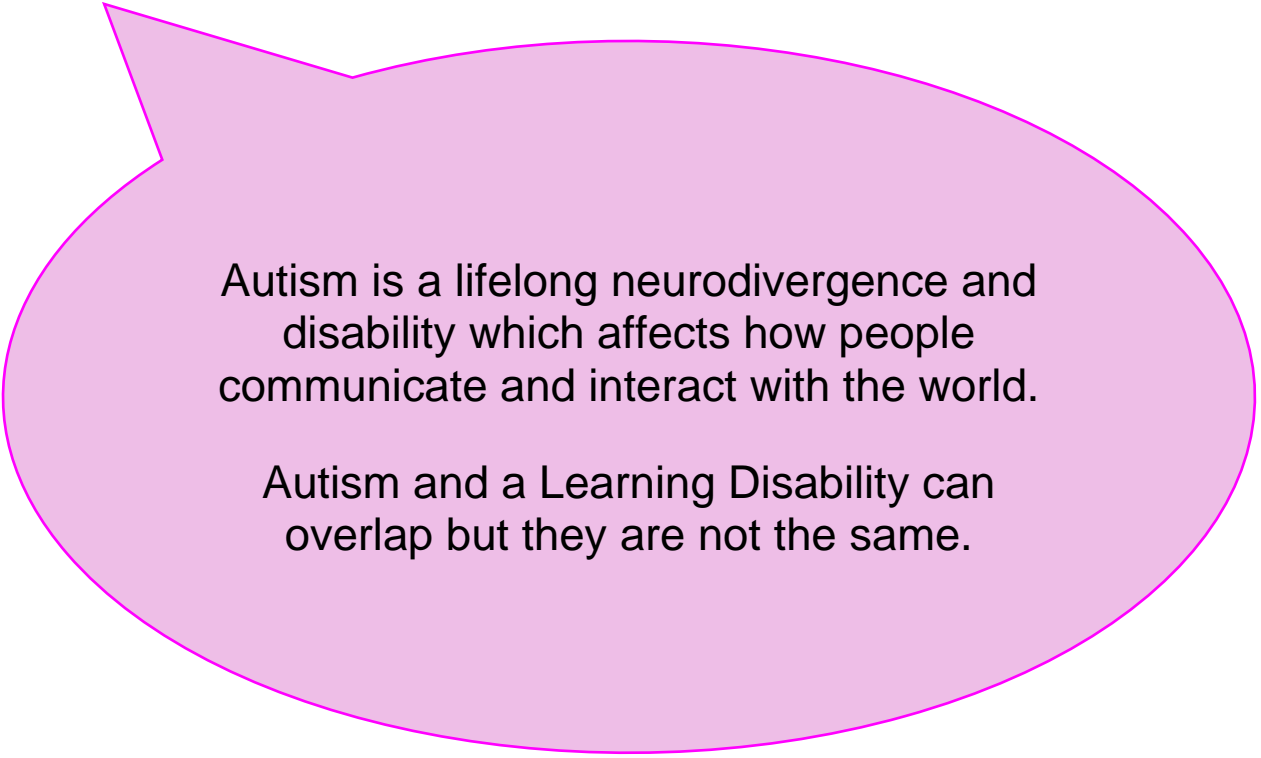
For some children, the delay in their development will be short term and can be overcome with additional support or therapy.

What is a Learning Disability?

A Learning Disability is continued delay in a child's developmental milestones. This includes difficulty in understanding new or complex information, learning new skills, difficulty coping independently and/or reduced social functioning.

These difficulties must be present before adulthood and not explained by other factors. A Learning Disability needs to be formally assessed and diagnosed.

What is Autism?



Autism is a lifelong neurodivergence and disability which affects how people communicate and interact with the world.

Autism and a Learning Disability can overlap but they are not the same.

How to refer

Parent referral

Please contact us by telephone or email or access a referral form on our website. A referral can also be made through your GP, Paediatrician, school and other professionals.

Professional referral

Please access a referral form on our website

Referral form can be accessed at:

www.cntw.nhs.uk/services/childrens-learning-disability-behaviour-support-service-west

Tel: 01900 705 081

Email: CumbriaChildrensLD@cntw.nhs.uk

Learning Disability Service

The Children's Learning Disability Service is a team of experienced Learning Disability/Children's Nurses, Assistant Practitioners, Clinical Support Assistants, Peer Supporters and other professionals. We offer a service when a child or young person requires specialist support arising from their Learning Disability and its impact on their health. We often do this by working to advise parents or other health professionals working with the child.



We work with:

Children aged 2-18 years

- With evidence of Global Developmental Delay (aged 5 and under) or a presumed/diagnosed Learning Disability (aged 6 up to 18)
and
- Who require specialist support beyond mainstream services (e.g. Health Visitors, Children's Centres etc).

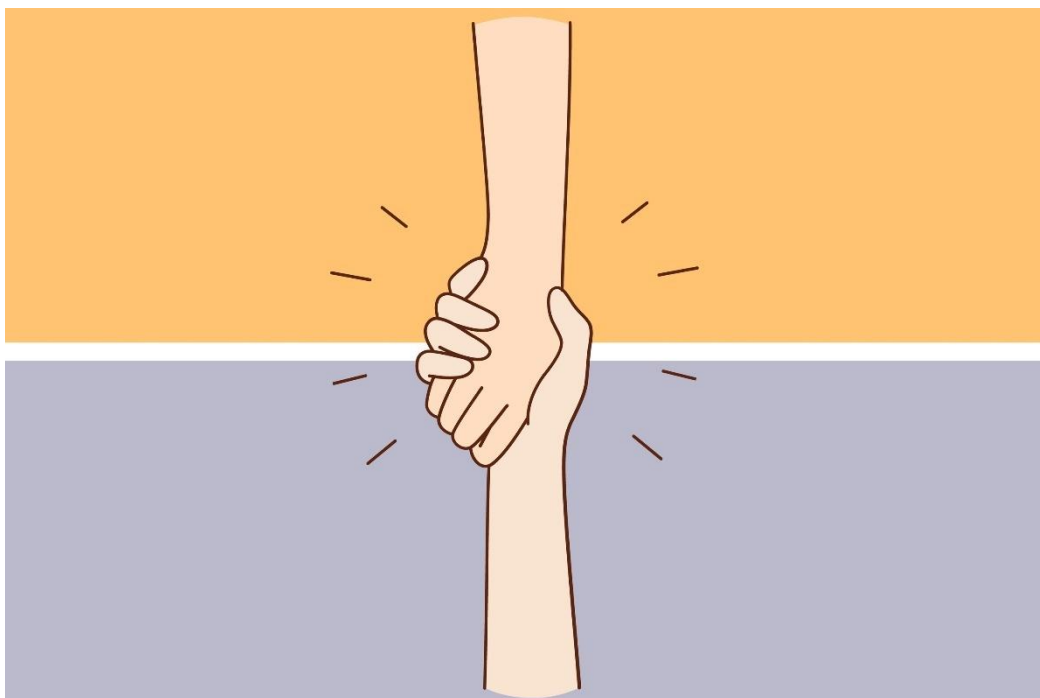
Learning Disability Support

Individual support for children and their families with Global Developmental Delay or a presumed/diagnosed Learning Disability (2-18 years) who require specialist support, arising from their Learning Disability and its impact on their health and wellbeing.

What we can support with:

Improving quality of life for children and their families through support with:

- Behaviour
- Sleep
- Emotional well-being and mental wellness (e.g. anxiety)
- Skill development (including play skills)
- Puberty and healthy relationships
- Transitions
- Access to health provision/health promotion
- Building supportive environments
- Building understanding and mindful support networks



Fizzy Feelings Workshop

A programme for parents/carers of children with Global Developmental Delay or a presumed/ diagnosed Learning Disability (2-18 years).

Aims of the programme:

- Understand how your child's emotions can impact their behaviour
- Develop an awareness of the impact your own emotions have on your child's behaviour
- Connect with your child, even in the most challenging times
- How to best help your child develop new skills

This session will be non-judgemental and supportive. If you would like some more information and/or would like to attend, please contact us.

Number of sessions	1 plus review (online: 2 sessions plus review)
Duration each session	3 hours and 15 minutes
Number of places per family	4

This is our first option for treatment in line with NICE guidelines.



Empowering Parents

A programme for parents/carers of children with Global Developmental Delay or a presumed/ diagnosed Learning Disability (2-18 years).

Aims of the programme:

- To bring carers together to explore common difficulties and normalise these behaviours
- To work in partnership with families and professionals
- To acknowledge and develop parental wellbeing and resilience through sharing the group's knowledge and experience
- To increase confidence in understanding and responding to children's behaviour

Number of sessions 6

Duration of each session 2.5 hours

Number of places per family 4

Confident Minds Programme



“You may not be able to stop the waves, but you can learn to surf.”

Jon Kabat-Zinn

A workshop for parents/carers of children with Global Developmental Delay, a presumed/diagnosed Learning Disability (2-18 years).

Parenting can be full of challenges, big and small. We can all experience unhelpful thoughts, feelings and sensations that make it harder for us to parent in the way we want.

Aims of the workshop:

- To introduce the concept of being on autopilot
- To learn how to be aware of yourself
- To stop you from becoming entangled with unhelpful thoughts and emotions
- To clarify what is most important for you in life and encourage you to invest time in these things
- To identify the things that hold you back
- To look at developing mindfulness practices

Number of sessions 5

Duration of each session 2.5 hours

Number of places per family 4

Positive Behaviour Support (PBS)

Individualised support for children and their families (2-18 years) with Global Developmental Delay or a presumed/diagnosed Learning Disability, using a framework of Positive Behaviour Support.

Aims of Positive Behaviour Support:

- Improving the quality of a young person's life and that of their family and people around them
- Providing the right support for a young person to lead a meaningful life and learn new skills
- Offering a preventative approach to reduce the likelihood of behaviours that challenge
- Helping understand why behaviours that challenge occur
- Understanding the child's unique view of the world and ensuring things that are important to them are present
- Establishing a bespoke plan to help the young person flourish and prosper

Peer Support

Peer Supporters are members of our team who have lived experience of caring for a child with additional needs.



Aims of Peer Support:

- To utilise their own lived experience to offer understanding, compassion and empathy with families
- To offer parent/carers support, advice and empowerment
- To support parent/carers to ensure their voices are heard in situations that may be overwhelming
- To work with families individually, inspiring hope and positivity
- To help families recognise their own strengths and goals
- To provide a link between clinical staff and families, helping staff understand the potential day-to-day challenges that may be faced
- To facilitate optional group work to help support families on their journey within our service



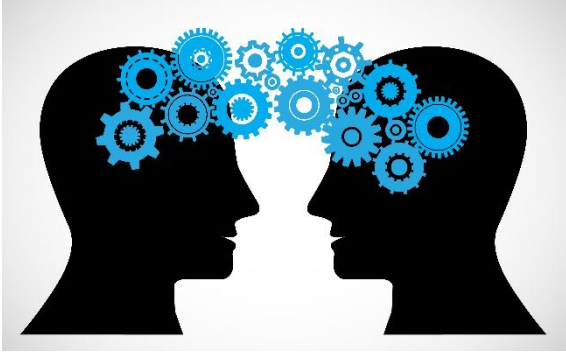
Early Intervention Behaviour Support Service

The Children's Early Intervention Behaviour Support Service are a team of experienced Learning Disability/Children's Nurses, Assistant Practitioners, Clinical Support Assistants and Peer Supporters. We offer early intervention support through a group-based approach to learning for parents and carers of:

Children aged 2-11 years

- who require early intervention support
- and**
- who have evidence of a diagnosis of Autism

Programmes and Workshops



Parenting a child with neurodiversity involves a complicated set of emotions, tasks and skills. Our programmes and workshops aim to provide support based on theory, research and experience of what works best.

The programmes and workshops we offer are:

- NAS EarlyBird Programme
- NAS EarlyBird Plus Programme
- Introduction to Behaviour Workshop



NAS EarlyBird

A programme for parents/carers of children with a diagnosis of Autism aged 2-5 years.



Aims of the programme:

- Improving communications and interactions with children under five
- Using structures to support their child in a range of settings and situations
- Developing basic play and social skills
- Understanding and supporting their child's behaviour
- To create a support network of peers to share experiences of parenting a young child with Autism

An EarlyBird parent book will be provided to each family attending the sessions.

"The knowledge we have gained has given us more confidence to analyse problems and hopefully prevent them rather than lurching from one crisis to another." -Parent

"Whilst there is no magic wand, EarlyBird is the closest thing you could wish for." - Parent

Number of sessions 6 (+1 home visit)

Duration of each session 2.5 hours

Number of places per family 2

NAS EarlyBird Plus

A programme for parents/carers of children with a diagnosis of Autism aged 5-10 years.



Aims of the programme:

- To increase communication and interaction
- To develop structure to support the autistic child in a range of settings and situations
- To develop social skills
- To understand and support the child's behaviour
- Problem solving
- To create a support network of peers to share experiences of parenting a young child with Autism

An EarlyBird Plus parent book will be provided to each family attending the sessions.

"EarlyBird Plus is an absolute must to help you begin to learn and understand how your child's mind works." - Parent

Number of sessions	6 (+1 home visit)
Duration of each session	2.5 hours
Number of places per family	2 (+1 education professional)

Introduction to Behaviour

A workshop for parents/carers of children with Global Developmental Delay or a presumed/diagnosed Learning Disability (2-18 years) or Autism.



Aims of the workshop:

- To understand behaviour that challenges and its impact
- To understand the reasons and purpose for behaviours occurring
- To explore the situations and reasons as to why behaviour may happen
- To introduce the importance of recording behaviours
- To share strategies to reduce the likelihood of behaviours occurring
- To develop and teach new skills
- To create a support network of peers to share experiences

Number of sessions 5

Duration of each session 2.5 hours

Number of places per family 4 (+1 education professional)

Interpreters

We will book you an interpreter if you need one.

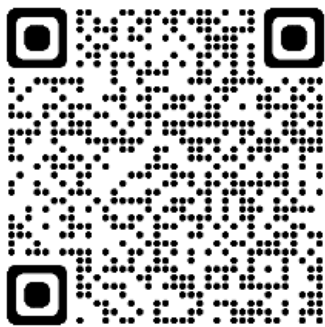
What if I have a comment, suggestion, compliment or complaint about the service?

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website
www.cntw.nhs.uk/contact/complaints/
- telephone the Complaints Department Tel: 0191 245 6672
- email complaints@cntw.nhs.uk

We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention. You can provide feedback in the following ways:

- the quickest way for you to do this is to complete our short online survey at www.cntw.nhs.uk/yourvoice or scan this QR code



Please use the codes that reflect the support you have received
Learning Disability 1-1 support:
CFTLDNAC01
Workshop support:
CFTLDEIBW1

- complete a Your Voice survey, available from staff
- other options for sharing your feedback and experience
www.cntw.nhs.uk/yourfeedback

Patient Advice and Liaison Service (PALS)

PALS provide confidential advice and support, helping you to sort out any concerns that you may have about any aspect of your or your loved ones care. We act independently when handling patient and family concerns, liaising with staff, managers and, where appropriate, relevant organisations, to negotiate prompt solutions. If necessary, we can also refer patients and families to specific local or national-based support agencies.

North of Tyne

Tel: 0800 032 0202

Email: pals@nhct.nhs.uk

Post: FREEPOST PALS

9am – 4.30 pm, Monday to Friday

An answerphone is available at all times for you to leave a message. A member of the PALS team will aim to return your call as soon as possible.

Contact details

North Cumbria Children's Learning Disability and Behaviour Support Service

Bases:

Unit 23, Lillyhall Business Centre Jubilee Road, Workington
Cumbria, CA14 4HA

Telephone: 01900 705 081

Fairfied Centre, The Carleton Clinic, Cumwhinton Drive
Carlisle, CA1 3SX

Telephone: 01900 705 081

Email: CumbriaChildrensLD@cntw.nhs.uk

www.cntw.nhs.uk/services/childrens-learning-disability-behaviour-support-service-west/



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 (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre
Tel: 0191 246 7288

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