

Community Learning Disability Treatment Team

Community Nurses



Patient Information Leaflet
Easy Read

If you need support to read this leaflet



A member of staff or a carer can support you to read this leaflet.

They will be able to answer any questions that you have.

Sunderland Action For Health website



Our website provides useful information for people with learning disabilities, their carers and health professionals.

Information on the website includes Easy Read factsheets, leaflets and health action plans.



www.sunderlandactionforhealth.co.uk

We have a team of nurses who work with people who have a learning disability.

The nurses work in three different areas:

- physical health
- mental health
- behaviour support



Physical health nurses can help you with:



Health action plans



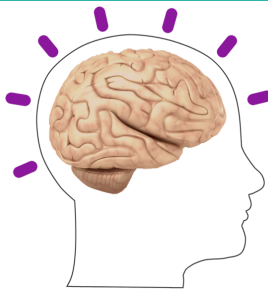
Care passports



Annual health checks
with your GP



Coming to healthy living
groups



Managing your epilepsy



Hearing



Sexual health and relationships



Continence problems - going
to the toilet



Dysphagia - eating and drinking problems



When you become poorly



Problems with your memory.
For example, forgetting things
or people important to you



Help with taking your bloods

Mental health nurses can help you with:



Your feelings and emotions



Check your medication is working properly



Advise on how to keep safe in the community



Your independence



Develop social skills



Prepare and support you at appointments with specialists



Help to manage your mental health



Offer training to staff to support your needs

Positive behaviour support nurses can help you with:



We will work with you and the people important to you to understand your behaviour and any ideas of ways we can help.



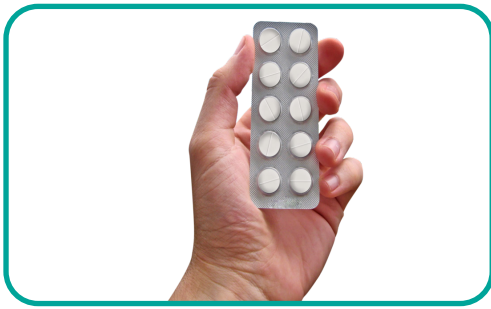
Sometimes this will mean working with you to develop new ways of coping.



We can also work with families or others that care and support you. This might mean writing a plan for you to make sure you are supported in the best way.



Provide training to staff and families to support your needs.



We can help to check your medication works properly and is needed.



Help you to do things you enjoy and learn new skills to have a happy life.

How to contact us

Please contact us if you feel you need support from the Community Learning Disability Treatment Team

Phone our Initial Response Service:



111 and select the mental health option 2

Our services are based at Community Treatment Team Learning Disabilities, Monkwearmouth Hospital, Newcastle Road, Sunderland, SR5 1NB.

Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy.

We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a nurse know your idea.



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 Tel: 0191 246 7288

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