

## INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

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# Transition support services

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### **Early Help Unit**

Nottinghamshire central support service to all families until the age of 18 years. This service can provide information and advice to all families within the county with or without a diagnosis.

Telephone: 0115 8041248

Email: [early.help@nottsc.gov.uk](mailto:early.help@nottsc.gov.uk)

### **Nottinghamshire Concerning Behaviours Pathway**

Nottinghamshire guidance for all children and young people who present with concerning behaviours. It includes resources to support families/schools.

Website: [www.nottinghamshire.gov.uk/concerningbehaviourspathway](http://www.nottinghamshire.gov.uk/concerningbehaviourspathway)

### **Sherwood Forest Hospitals Community Paediatric Website**

Information and advice around the assessment process and signposting to post diagnosis support.

Website: [www.cyp.sfh-tr.nhs.uk](http://www.cyp.sfh-tr.nhs.uk)

### **Nottinghamshire Help Yourself**

This website aims to bring together all the information from health, voluntary sector and the county council in one place for children and adults.

Website: [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

For young people with a disability there is a transition pathway. This can be access on the help yourself website - type 'transition' or 'preparing for adulthood' into the keyword box.

### **General Practitioner (GP)**

Advice can be sought from your own GP regarding local health services for adults.

### **NHS Choices**

If you want to know more about your condition, or how it is managed as an adult then information may be available on the NHS website. Type your condition into the search box.

Website: <https://www.nhs.uk/pages/home.aspx>

### **DVLA**

If you wish to drive you should inform the DVLA of all medical conditions, including ADHD, ASD and additional learning needs. The DVLA may request further information from your doctor.

## **ADHD**

Young people with ADHD, who are on medication, will need to be referred to the adult ADHD services for ongoing monitoring of their medication. At Sherwood Forest Hospitals this is offered by the adult mental health team. A referral will be made to that service once the young person reaches the age of 18 years.

### **AADD - UK**

Providing information, support and advice for adults with ADHD.

Website: <https://aadduk.org/>

### **ADHD Foundation**

Providing information and support for adults and young people with ADHD. They have general and specific resources.

**Website:** <https://www.adhdfoundation.org.uk/information/adults/>

## **Autism**

### **National Autism Society**

Specific resources and support for young people entering transition.

Website: [www.autism.org.uk/about/transition.aspx](http://www.autism.org.uk/about/transition.aspx)

They also have a specific transitions support service for young people age 14 years and above.

Website: [www.autism.org.uk/transitionsupport](http://www.autism.org.uk/transitionsupport)

### **Nottinghamshire Asperger Service**

A service to support adults with a diagnosis of Asperger's Syndrome. If you have been given your diagnosis more recently you may need to explain your diagnosis of Autism Spectrum Disorder without learning or speech delay (previously known as Asperger's Syndrome)

Website: <http://www.nottinghamshire.gov.uk/care/adult-social-care/help-living-at-home/aspergers-syndrome>

Telephone: 03005008080

### **Autism East Midlands**

Help with adult services offered locally.

Website: <https://www.autismeastmidlands.org.uk/adult-services/>

## **Emotional/mental health**

### **YoungMinds**

The UK's leading charity championing the wellbeing and mental health of young people. They provide internet resources for parents and young people and have a helpline for parents.

Telephone: 0808 802 5544

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

### **MindED**

A free educational resource on children and young people's mental health for all adults. It has information for parents and professionals.

Website: <https://www.minded.org.uk/>

## **Let's Talk Wellbeing**

A service that provides psychological assessment and treatment for adults for what are known as mild to moderate common mental health problems

Website: [www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing](http://www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing)

If there are immediate concerns around mental health issues please contact your GP in surgery hours, GP 'out of hours' service, or NHS 111 who can put you through to an out of hours doctor or help if necessary.

## **Learning difficulties**

### **Mencap**

Advice and support specifically around children/young people and transition.

Website: [www.mencap.org.uk](http://www.mencap.org.uk)

### **GP Annual Learning Disability Health Checks**

GPs offer annual learning disability health checks for young people and adults with a learning disability.

Website for information:

<https://www.nhs.uk/Livewell/Childrenwithlearningdisability/Pages/AnnualHealthChecks.aspx>

Please contact your GP directly to arrange these medicals.

### **Sherwood Forest Hospitals' Learning Disability Support**

The hospital can support young people and adults with an additional learning need. This may include support to access appointments with easy read letters, information being available if you are admitted to hospital about your needs.

## **Generic services for young people with additional needs**

### **NHS Choices**

A range of resources and links related to transition in young people with additional needs.

Website: <https://www.nhs.uk/conditions/social-care-and-support/transition-planning-disabled-young-people/>

### **Social Care**

Nottinghamshire Social Care provide support for young people and adults with additional needs who may require support or care. The Transitions Team can provide support from the age of between 14-16 years with transition into adult services.

Telephone: 0300 500 8080 (select adult services, then request the Transitions Team)

Email: [enquiries@nottsc.gov.uk](mailto:enquiries@nottsc.gov.uk)

Website: <http://www.nottinghamshire.gov.uk/care/adult-social-care/moving-to-adult-services>

Once a young person reaches the age of 18 years, contact can be made directly with the adult social care team.

Telephone: 0300 500 8080

Email: [enquiries@nottsc.gov.uk](mailto:enquiries@nottsc.gov.uk)

## **Preparing for Adulthood – children with SEND**

This is funded through the Department of Education. They can provide support and advice around key transition programmes.

Website: [www.preparingforadulthood.org.uk](http://www.preparingforadulthood.org.uk)

Email: [info@preparingforadulthood.org.uk](mailto:info@preparingforadulthood.org.uk)

Telephone: 01225 789135

## **Scope**

Providing support and advice for young people and their families with a variety of disabilities including autism, cerebral palsy, vision or hearing impairment and learning difficulties.

Website: <https://www.scope.org.uk/transition>

Free confidential helpline: 0808 800 3333 (weekdays from 9am to 5pm)

## **Disability Nottinghamshire**

A charity that provides free confidential advice for young people or families with additional needs. They can support around benefits and careers advice.

Website: <http://www.disabilitynottinghamshire.org.uk/>

Telephone: 01623 625 891

## **Information services**

### **Information Service (which covers the city and county)**

Website: [www.askiris.org.uk](http://www.askiris.org.uk)

Telephone: 07827938966

By completing the Disability Register form you will be added to the mailing list to receive the quarterly Iris magazine, which features events, articles, news from support groups.

### **Library and Knowledge Service, King's Mill Hospital**

Online link to catalogue of books and resources. Search using the term "child health collection".

Website: <http://sherwoodforest.nhslibraries.com/>

Telephone: 01623 622515, extension 4009.

### **Nottingham City Hospital**

Online link to catalogue of books and resources.

Website: <https://www.nottinghamshirehealthcare.nhs.uk/the-information-service>

Telephone: 0115 88 31158 or 0115 88 31157.

Email: [infoservicescdc@nottshc.nhs.uk](mailto:infoservicescdc@nottshc.nhs.uk)

## **Education**

If a young person has an EHCP plan this continues until the age of 25 years, if the young person remains in education. Transition planning should be part of the EHCP process and discussed as part of the annual reviews.

Support for young people with additional needs is available through schools, colleges and universities. It is worth discussing needs with the local additional needs coordinator, or team before and during the time within the educational setting.

## **Ask Us - advocacy support for parents**

This team can help families understand the process of transition within education.

Telephone: 0115 804 1740

Website: <http://www.ppsnotts.org.uk/>

## **Benefits and funding**

### **Personal Independence Payment (PIP)**

Telephone: 0800 1214433

Email: [www.gov.uk/benefit-enquiry-line](http://www.gov.uk/benefit-enquiry-line)

Website: <https://www.gov.uk/pip>

### **Mansfield Welfare Rights**

141 Newgate Lane

Mansfield

Notts

NG18 2QD

Telephone: 01623 421375

### **Welfare benefits**

Telephone: 01623 520058

Website: <http://www.nottinghamshire.gov.uk/care/benefits-and-finance/welfare-benefits>

### **Disability Nottinghamshire**

Telephone: 01623 625 891

Website: <http://www.disabilitynottinghamshire.org.uk/>

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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