

INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Transition support services

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

Nottinghamshire Help Yourself website

This aims to bring together all the information from health, voluntary sector and the county council in one place for children and adults. For young people with a disability there is a transition pathway which can be access on the website; type transition or preparing for adulthood into the keyword box.

Website: www.nottshelpyourself.org.uk

Generic services for young people with additional needs

NHS Choices

The website has a range of resources and links related to transition in young people with additional needs. There is also information about each specific condition if you type it into the search box from www.nhs.uk

Website: www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/moving-from-childrens-social-care-to-adults-social-care/

Social Care

Nottinghamshire Social Care provides support for young people and adults with additional needs who may require support or care. The transitions team can provide support for transition into adult service from the age of 16 years,

Telephone: 0300 500 8080 (select adult services, then request the transitions team)

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

There is an online form via the website link that can be completed to request support.

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

Shelter England

They provide information for emergency options for homeless 16–25-year-olds. They also support younger people and care leavers options.

Telephone: (Emergency helpline available Monday to Friday 8am – 8pm) 0808 800 4444

Website: www.england.shelter.org.uk

There is online advice available and webchat.

The Prince's Trust

These organisations help young people and adults with advice on finding and living in supported housing across the UK.

Website: www.princes-trust.org.uk

There is advice and live chat available on the website.

Preparing for Adulthood – children with SEND

The preparing for adulthood support is funded through the Department of Education. They can provide support and advice around key transition programmes.

Website: www.preparingforadulthood.org.uk

Email: info@preparingforadulthood.org.uk

Telephone: 01225 255 268

Scope

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

Website: www.scope.org.uk/advice-and-support/getting-involved-in-transition-to-adult-care/

Telephone: 0808 800 3333 (free confidential helpline on weekdays from 9am-5pm Saturday and Sunday 10am-6pm)

Email: helpline@scope.org.uk

Textphone: Dial 18001 then 0808 800 3333

Disability Nottinghamshire

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

Website: www.disabilitynottinghamshire.org.uk

Telephone Advice Line: 01623 625 891

Email: advice@disabilitynottinghamshire.org.uk

My Adult - Still My Child

This website provides information for families with children 16 and over who may not be able to make decisions for themselves and require support from health or social care. The resources explain the legal rules and support available.

Website: myadultstillmychild.co.uk

Telephone: 0808 8088 100

General Practitioner (GP)

Advice can be sought from your own GP as to the local health services for adults.

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.

Website: www.gov.uk/adhd-and-driving

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 ADHD Service.

A referral will be made to that service once the young person reaches the age of 18 years and they wish to continue their ADHD medication.

Website: [Neurodevelopmental Specialist Service NeSS | Nottinghamshire Healthcare NHS Foundation Trust](#)

Telephone: 0115 9560893

AADD – UK

This is a website for adults with ADHD, providing information, support and advice.

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

ADHD Foundation

This provides information and support for adults and young people with ADHD. They have general and specific resources on their website.

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

NHS website

Type ADHD into the search box. Information is available about adult ADHD.

Website: <https://www.nhs.uk>

ADHD UK

A new charity focused on ADHD. It has been created by people with ADHD for people with ADHD.

Website: [ADHD UK | ADHD UK](#)

Autism

National Autism Society

This has specific resources and support for young people entering transition. They have a specific transitions support service for young people age 14 years and above.

Website: www.autism.org.uk/transitionsupport

Nottinghamshire Asperger Service

This is a service that offers support for adults with a diagnosis of Asperger 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 syndrome).

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

Telephone: 0300 500 8080

I-work

This service provides support and advice to enable people with Asperger's or with a learning disability to access work.

Telephone: 0115 963 2638

Website: www.nottinghamshire.gov.uk/jobs-and-working/support-to-find-employment/employment-support-disability

Autism East Midlands

This organisation can offer help with adult services offered locally.

Website: www.autismeastmidlands.org.uk/adult-services

Telephone: 01909 506 678

NHS website

There is information about autism and support services. There are also videos and easy read information for people with learning disabilities. Type autism into the search box.

Website: www.nhs.uk

Learning/intellectual disability

Mencap

This organisation has a section with advice and support specifically around children and young people and transition.

Website: www.mencap.org.uk

GP annual learning disability health checks

Your GP practice offers annual learning disability health checks for young people age 14 and over and adults with a learning disability. Please contact your GP directly to arrange these medicals.

Website:

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

NHS website

Type 'learning disability' into the search box. Information is available about support and advice. Also type 'autism' into the search box, then click on the easy read information. This information can be helpful for families and young people even if they do not have a diagnosis of autism, as it includes information about benefits, appointments and support.

Website: www.nhs.uk

Sherwood Forest Hospitals - learning disability support

Support for young people and adults with an additional learning need. This may include support to access appointments with easy read letters and information if you are admitted to hospital.

Emotional/mental health

Health for Teens

This website provides support and resources about teenage health and wellbeing (anxiety/sexual health/feelings/relationships) including up to date links with local services.

Website: www.healthforteens.co.uk

YoungMinds

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

Website: www.youngminds.org.uk

Contact YoungMinds Textline – free 24/7 text messaging support. **Text:** YM to 85258

MindED

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

Website: www.minded.org.uk

Kooth online counselling

Kooth is an online counselling and emotional wellbeing platform for children and young people (aged 11-25 years), accessible through mobile, tablet and desktop. Available Monday to Friday from 12pm-10pm, and weekends from 6pm-10pm, 365 days a year.

Website: <https://www.kooth.com/>

Let's Talk-Wellbeing

Let's Talk-Wellbeing is 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

Telephone: 0300 300 2200 (Monday-Friday, 8am-4pm)

Email: letstalknottingham@nottshc.nhs.uk

NottAlone

Local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place. This service supports anger, anxiety, bereavement and loss, bullying, depression/low mood, drugs and alcohol, eating disorders, exam stress, family separation, self-harm, gambling and more.

Website: www.nottalone.org.uk

Change Grow Live

A national health and social care charity. They can help with challenges including drugs and alcohol, housing, justice, health and wellbeing.

Website: www.changegrowlive.org.uk

Chat online on their website also available

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.

Information services

King's Mill Hospital Library and Knowledge Service

The King's Mill Library has a large collection of books and resources to support parents.

Online link to catalogue of books and resources:

<https://koha.healthlibrariesmidlands.nhs.uk/> - click on 'All libraries' on the right hand side and select King's Mill Hospital.

Telephone: 01623 622515, extension 4009

Location: Walk into the hospital from the main entrance past Costa Coffee, walk until you reach a T junction and can go no further, turn right, then take the first set of stairs on your left past the doors to the outside. Go up to the 1st floor, turn left and the library is then on your left.

Information service

This service now combines ASK US Nottinghamshire and ASK Iris. They provide information, advice and support for children and young people with disability or special educational needs and their families.

Information Service, which covers the city and county: www.askusnotts.org.uk
Telephone: 0800 121 7772

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: 08001217772

Website: <https://askusnotts.org.uk/>

Benefits and funding

Personal Independence Payment (PIP)

Telephone: 0800 1214433

Email: www.gov.uk/benefit-enquiry-line

Website: <https://www.gov.uk/pip/how-to-claim>

Telephone: 0800 121 4433

Textphone: 0800 121 4493 (Monday to Friday 9am-5pm)

Mansfield Welfare Rights

141 Newgate Lane

Mansfield

Notts

NG18 2QD

Telephone: 01623 421375

Welfare Rights

Telephone: 01623 520058

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

Disability Nottinghamshire

Telephone: 01623 625 891

Website: www.disabilitynottinghamshire.org.uk

Support

What3words APP

A useful tool to keep young people safe and able to share their location when needed in any situation. Every three metre square of the world has been given a unique combination of three words. Used for e-commerce and delivery, navigation, emergencies and more.

More information is available at what3words.com

National Police Autism Association

Advice and support for young people who wish to join the police service. They are a privately-run group of UK police officers and staff supporting colleagues affected by autism and other neurodivergent conditions such as dyslexia, dyspraxia and ADHD. They welcome all police personnel with a personal, family or professional interest in these conditions.

Website: www.npaa.org.uk

Hettys Charity

The Hetty's service offers a variety of support methods, and structured psychosocial interventions, delivered by experienced family recovery workers and volunteers, to ensure that every client has the best chance of recovering from the effects of their loved one's addiction and returning to their everyday life. Each intervention provides the tools needed for families to reduce isolation, increase confidence, set appropriate boundaries, become more knowledgeable about the cycle of addiction, and work through any feelings of guilt, shame and anger. The service also works closely with 'Change, Grow, Live'.

Telephone: 08000 850941 (support line available daily 9am -6pm)

Website: hettys.org.uk

Further sources of information

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

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.

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 or telephone 01623 622515, extension 6927.

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