



Where Now?

Where to go for health advice, care, and treatment when a young person leaves special school.

Transitioning to Adult Health Services across Cambridgeshire, Peterborough, and Fenland

Leaving school is a big step for all young people and more so for young people with additional needs.

Preparing well for the move into adulthood is called Transition. It is important that young people with Learning Disabilities and/or Autism and those with complex medical needs, grow up getting the support they and their families need to live a fulfilling life.

The teams that care for a young person’s medical needs and the support services they access will change during the transition to adult life.

We know that people with Learning Disabilities and/or Autism may have additional physical and mental health needs. This guide is designed to provide useful contact details for some of the health services that you may need now, and in the future.

You may not need all the information in this pack, as everyone’s transition journey is unique.

Medical Care

Everyday medical care will be provided by your family doctor (GP). Your local GP practice provides a range of health services: medical advice, vaccinations, examinations and treatment, prescriptions for medicines, and referrals to other health services and social services.

A referral may be made to an adult specialist health team(s), for any ongoing care of a disease or condition. The paediatric service will make a referral to the adult service and discuss this as part of transition planning.

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| Adult Community Nursing | District (community) nursing teams assess, plan, and provide nursing clinical care to people who are housebound due to ill health. Referral can be made via GP/health professional.  Call 0330 726 007  Huntingdon  Huntingdon Admin Hub  in Hub  Kingfisher House  Kingfisher Way  Hinchingbrooke Business Park  Huntingdon  PE29 6FH  Fenland  East Cambridge & Fenland Admin Hub  Doddington Hospital  Benwick Road  Doddington  PE15 0UG  Cambridge  Cambourne Admin Hub  South Cambs District Council  South Cambs Hall  Cambourne  CB23 6EA  Peterborough  Peterborough admin hub  Unit 2  Phorpres Close,  Peterborough  PE78FZ |
| Adult Continuing Healthcare | Some adults over 18 years with long-term complex health needs qualify for free social care arranged and funded solely by the NHS. This is known as NHS continuing healthcare.  <https://www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/nhs-continuing-healthcare/>  Checklist for assessment <https://www.gov.uk/government/publications/national-framework-for-nhs-continuing-healthcare-and-nhs-funded-nursing-care> |
| Adult Social Care Peterborough County Council | Adult social care supports adults over 18 with physical disabilities, sensory impairments, learning disabilities, mental health issues and/or their carers.  Call the Customer Services Team on 01733 747474 to discuss an adult social care assessment.  Find out more here: <https://www.peterborough.gov.uk/healthcare/adult-social-care>  Email:  [adultsocialcare@peterborough.gov.uk](mailto:adultsocialcare@peterborough.gov.uk)  Peterborough City Council  Sand Martin House Bittern Way Fletton Quays Peterborough PE2 8TY |
| Adult Social Care Cambridgeshire County Council | Adult social care supports adults over 18 with physical disabilities, sensory impairments, learning disabilities, mental health issues and/or their carers.  **Universal Services**: Cambridgeshire Care Network Community Navigators can help with information, advice, and signpost you to services to help with health and fitness and to community groups.  Community Navigators:  Fenland 01354 695208  East Cambridgeshire: 01353 6659639  South Cambridge: 01954 212100  Huntingdonshire: 01480 423065  Cambridge City: 01223 300460  **Low level support**: Help with emerging care and support needs such as reablement, technology enabled care, daily living equipment and occupational therapy. Access via council’s customer services, no assessment required.  Call: 01345 0455202 Email: careinfo@cambridgeshire.gov.uk  **Long term care and support**: Assessment and means tested financial support to meet their personal care needs. A referral is needed to Adult Social Care, contact customer services who will send a referral onto the Adult Early help Team.  Call 01345 0455202 Email: [careinfo@cambridgeshire.gov.uk](mailto:careinfo@cambridgeshire.gov.uk) |
| Advocacy Services | POhWER: An advocacy, information, and advice charity.   * [Independent Mental Capacity Advocacy (IMCA)](https://www.pohwer.net/independent-mental-capacity-advocacy-imca), including [Deprivation of Liberty Safeguards (DoLS)](https://www.pohwer.net/deprivation-of-liberty-safeguards-dols) and [Relevant Person's Paid Representative Services (RPPR)](https://www.pohwer.net/relevant-persons-paid-representative-service-rppr) * [Independent Mental Health Advocacy (IMHA)](https://www.pohwer.net/independent-mental-health-advocacy-imha) * [Independent Care Act Advocacy](https://www.pohwer.net/care-act-advocacy) for residents of Cambridgeshire and people that reside at HMP Littlehey or HMP Whitemoor. * [NHS Complaints Advocacy](https://www.pohwer.net/nhs-complaints-advocacy) * [Community Advocacy](https://www.pohwer.net/community-advocacy) * Community Advocacy for Adults with Learning Disability and/or Autism   Help Hub on 0300 456 2370 or email [pohwer@pohwer.net](mailto:pohwer@pohwer.net)  Referral forms can be found at https://www.pohwer.net/cambridgeshire  Advocacy services for all ages  [**https://www.cpft.nhs.uk/advocacy/**](https://www.cpft.nhs.uk/advocacy/) |
| Annual Health Check | Anyone aged 14 or over who is on their doctor's learning disability register can have a free annual health check once a year.  [**https://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/**](https://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/) |
| Autism Support | Autism and Adult Support Service  Cambridgeshire County Council  <https://www.cambridgeshire.gov.uk/residents/adults/support-for-sight-and-hearing-loss-and-disabilities/autism-and-adult-support>  0345 0455202  Cambridgeshire Lifespan Autism Spectrum Service, Cambridgeshire and Peterborough Foundation Trust (CPFT). For adults in Peterborough.  <https://www.cpft.nhs.uk/classclinic/>  01223 219673  Email: classclinic@cpft.nhs.uk  National Autistic Society <https://www.autism.org.uk>  Autism Alert Card: [Apply for an Autism Alert Card (autism-anglia.org.uk)](https://www.autism-anglia.org.uk/apply-for-your-first-card) |
| Carers Support | Carers Assessment <https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/carer-assessments/>  Looking After Someone <https://www.cambridgeshire.gov.uk/residents/adults/looking-after-someone>  Parent/carers can ask for a Carers Assessment by contacting the council:  Cambridgeshire City Council  Telephone 0345 045 52020 Email: careinfo@cambridgeshire.gov.uk  Peterborough City Council  Telephone: 01733 7474747. Email: [adultsocialcare@peterbrorough.gov.uk](mailto:adultsocialcare@peterbrorough.gov.uk)  Caring Together  1:1 Support  Telephone Support / Welfare check ins  Information & Advice line, Virtual Hubs  What If? contingency plans  Listening Ear service providing emotional support  0345 241 0954  [hello@caringtogether.org](mailto:hello@caringtogether.org)  [www.caringtogether.org](http://www.caringtogether.org)  Contact for Families  Support for families of disabled children from Birth to 25 years  Helpline and Listening Ear support service.  Workshops, Information session, parent resources  [www.contact.org.uk](http://www.contact.org.uk)  Pinpoint Parent/Carer Support Cambridgeshire  <https://www.pinpoint-cambs.org.uk/support-groups/>  Family Voice Parent/Carer Support Peterborough  <https://familyvoice.org/> |
| Continence | Cambridgeshire and Peterborough Foundation Trust Continence Service  Continence assessment, treatment and advice for anyone over the age of 18 years old with bowel and bladder dysfunction. The service may provide incontinence products following a clinical assessment.  T: 0330 7260077  E: cpm-tr.bladderandbowelservice@nhs.net  <https://www.cpft.nhs.uk/search/service/continence-73/>  Bladder & Bowel UK <https://www.bbuk.org.uk/> |
| Dental Care | How to find an NHS Dentist  <https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/>  Dental emergency and out-of-hours care  If you think you need urgent care, contact your usual dentist or contact NHS 111, who can put you in touch with an urgent dental service.  Specialist Dental Services for those with additional needs:  <https://www.nhs.uk/nhs-services/dentists/dental-treatment-for-people-with-special-needs/>  Referrals can be made from General Dental Practitioners to the Special Care Dental Service. This service is for children and adults who have a physical, sensory, intellectual mental, medical, emotional or social impairment or disability, which makes routine care in general dental practice unsuitable or impractical for their needs.  <https://www.dentalhealthcareeoe.nhs.uk/about-us/> |
| Deputyship and Lasting Power of Attorney | Deputyship: Making health and welfare decisions on behalf of someone when they lack capacity themselves  [www.gov.uk](http://www.gov.uk)  https://www.citizensadvice.org.uk/family/looking-after-people/managing-affairs-for-someone-else/  <https://www.gov.uk/make-decisions-for-someone>  Power of Attorney  <https://www.gov.uk/power-of-attorney>  https://www.mencaptrust.org.uk/guides-lasting-power-attorney  MASMC – my adult still my child  <https://myadultstillmychild.co.uk/> |
| Dietetics and Nutrition CPFT NHS Trust | Dietetics and Nutrition CPFT NHS Trust  Referrals can be made by GPs and other healthcare professionals.  The team provides tailored nutrition and dietetic advice to people aged 16 years old and over. Support is offered to improve health by making the appropriate lifestyle and food choices. The team also provides assessment and treatment for those who need therapeutic diets and/or nutritional support.  <https://www.cpft.nhs.uk/service-detail/service/nutrition-dietetics-89/>  T: 0330 7260077  E: idietitians@nhs.net  Enteral Feeding  Nutricia Homeward Nursing Service  The Nutricia Homeward Service helps patients and carers manage tube feeding at home safely and independently.  0800 0933672  <https://www.nutricia.co.uk/patients-carers/services/nutricia-homeward-service.html> |
| Emergency Departments | Addenbrooke’s Hospital  Hills Road, Cambridge, CB2 0QQ  Tel: 01223 245151  Hinchingbrooke Hospital  Hinchingbrooke Park, Huntingdon, PE29 6NT  Tel: 01480 416416  Peterborough City Hospital  Edith Cavell Campus, Bretton Gate, Bretton, Peterborough, PE3 9GZ  Tel: 01733 678000  Queen Elizabeth  Gayton Road, King’s Lynn, PE30 4ET  Tel: 01553 613 613 |
| General Practitioner (GP) | GP practices provide a wide range of health services, including medical advice, vaccinations, examinations and treatment, prescriptions for medicines, referrals to other health services and social services.  Making Appointments count  <https://www.nhs.uk/nhs-services/gps/what-to-ask-your-doctor/>  Proxy access  A GP surgery can give someone proxy access so they can help another person manage their GP health and care.  <https://www.nhs.uk/nhs-services/gps/gp-services-for-someone-else-proxy-access/> |
| Hospital Discharge Support | Care Network Cambridgeshire  For those aged 18+ who needs support and/or hospital discharge:  1:1 Support  Telephone support /welfare check ins  Food parcels  Collecting prescriptions and shopping  Remote wellbeing activities  Support for discharge planning  Rapid Response Service: Help at Home: 01223 714433  Wellbeing telephone support: 0330 094 5750  Triage into local voluntary sector via Community Navigators  Community Navigators:  Fenland: 01354 695208  East Cambridgeshire: 01353 659639  Cambridge City: 01223 300460  South Cambridgeshire: 01954 212100  Huntingdonshire: 01480 423065 |
| Learning Disability Partnership (LDP) Cambridgeshire County Council  Learning Disability Team Peterborough County Council | Learning Disability Partnership (LDP) Cambridgeshire County Council  The LDP provides health support to those with a learning disability diagnosis, they also provide social care support if you need this higher level of help.  The Young Adults Team supports young adults with an EHCP who have a diagnosed learning disability from 18 up to the age of 25 to move into adulthood, to make choices and be as independent as possible.  [**https://www.cambridgeshire.gov.uk/residents/adults/support-for-sight-and-hearing-loss-and-disabilities/learning-disabilities**](https://www.cambridgeshire.gov.uk/residents/adults/support-for-sight-and-hearing-loss-and-disabilities/learning-disabilities)  Call 03450455202  Contact form <https://cambridgeshire-self.achieveservice.com/service/Adult_Services_contact_form>  Peterborough City Council Disability Social Care Service  **Call 01733 864170**  **For Over 25's**contact Adult Social Care or Adult Early Help: 01733 747474 |
| Learning Disability Nurse Advisors | Support for people with a Learning Disability and/or Autism in Hospital  The Learning Disability Nurse understands the needs of people who have a learning disability and/or autism, and understands how hospitals work.  Nurses/Advisors can work with the hospital to help you get the care, treatment, tests you need.  Cambridge University Hospital Foundation Trust  Cherly Exley 01223 216033  North West Anglia Foundation NHS Trust Peterborough and Stamford Hospital  Sue Bates 01733 673832  North West Anglia Foundation NHS Trust  Marie Stokes-Davey 01480 416581  West Suffolk NHS Foundation Trust  Anthony Green Safeguarding Lead 01284 713000  Queen Elizabeth Hospital Kings Lynn NHS Foundation Trust  [Liam.Ashby@qehkl.nhs.uk](mailto:Liam.Ashby@qehkl.nhs.uk). |
| Local Offer | Information for young people with special educational needs and disabilities and their families.  Cambridgeshire  <https://send.cambridgeshire.gov.uk/kb5/cambridgeshire/directory/family.page?camfamilychannel=5>  Peterborough  <https://fis.peterborough.gov.uk/kb5/peterborough/directory/localoffer.page?familychannel=8-4>  Norfolk  <https://www.norfolk.gov.uk/article/40539/Health-and-social-care>  Lincolnshire  <https://www.lincolnshire.gov.uk/preparing-adulthood> |
| Mental Health | Adult Locality Mental Health Teams CPFT NHS Trust  Support for anyone over 17 years old with moderate to severe mental illness, such as bipolar illness, depression, personality disorder, anxiety disorder, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD) or psychosis / schizophrenia.  <https://www.cpft.nhs.uk/service-detail/service/adult-locality-mental-health-teams-102/>  Crisis  Call 111 option 2 First Response Service: 24-hour service for people in a mental health crisis.  Keep Your Head <https://www.keep-your-head.com/adults/MH>  YOUnited provides emotional wellbeing and mental health help for children and young people aged 0 to 25 registered with a GP in Cambridgeshire and Peterborough.  Young people aged 17 to 25 can self-refer to:  Centre 33 <https://centre33.org.uk/contact/>  CPFT Talking Therapies <https://www.cpft.nhs.uk/talkingtherapies>  Cambridgeshire, Peterborough and South Lincolnshire Mind self-referral <https://www.cpslmind.org.uk/> |
| NHS 111 | You should use the NHS 111 service if you need medical help or advice urgently but it’s not a life-threatening situation.  Call 111 if:  It’s not a 999 emergency.  You think you need to go to A&E or another NHS urgent care service but you’re not sure.  You don’t think you can wait for an appointment with your GP.  You don’t know who to call for medical help. |
| Occupational Therapy | Safe and Well Cambridgeshire County Council  <https://www.cambridgeshire.gov.uk/residents/adults/staying-independent/occupational-therapy-for-adults-and-older-people>  Technology Enabled Care  Loan assistive technology to support the independence and safety of people living in Cambridgeshire.  [TECS@cambridgeshire.gov.uk](mailto:TECS@cambridgeshire.gov.uk)  01480378160  Request an Occupational Therapy Assessment from Cambridgeshire County Council: <https://cambridgeshire-self.achieveservice.com/service/Adult_Services_contact_form>  0345 045 5202  Cambridgeshire & Peterborough NHS Foundation Trust’s Community Rehabilitation Service  Community Occupational Therapy Self-Referral 0345 045 5202  E mail [communityrehabservice@cpft.nhs.uk](mailto:communityrehabservice@cpft.nhs.uk)  Find your local team here: https://www.cpft.nhs.uk/service-detail/service/community-rehabilitation-71/ |
| Palliative Care Needs | Sue Ryder Thorpe Hall Hospice Peterborough <https://www.sueryder.org/how-we-can-help/sue-ryder-thorpe-hall-hospice>  Arthur Rank Hospice Cambridge <https://www.arhc.org.uk/>  Palliative Care Hub, A free phone service available to patients, relatives, friends providing specialist advice and support to those with life limiting illnesses.  Call 111 and select option 3 to speak to a specialist palliative care nurse who is available for advice, support, and signposting to local services. <https://www.arhc.org.uk/supporting-you/care-services/palliative-care-hub/>  Cambridgeshire County Council <https://www.cambridgeshire.gov.uk/residents/adults/organising-care-and-support/end-of-life-care>  Hospice UK is the national charity for Hospice and end of life care and has information for professionals, patients and their loved ones and carers. Visit <https://www.hospiceuk.org/> |
| Pharmacy | Pharmacists provide confidential, expert advice and treatment for a range of common health conditions and will be able to help you decide if you need to see a GP or other health service if necessary.  Pharmacy First Service  Your pharmacist can now provide some prescription medicine without you needing to see a GP, find out more here:  <https://bnssg.icb.nhs.uk/health-and-care/pharmacies/>  Emergency prescriptions  If you’ve completely run out of your regular medication you can request a limited emergency supply online.  This must be a medicine you are prescribed regularly, usually through a repeat prescription. Request an emergency prescription here: [https://111.nhs.uk/emergency-prescription or call 111](https://111.nhs.uk/emergency-prescription%20or%20call%20111)  Find out if you're eligible for free NHS prescriptions and any help with other NHS costs, including sight tests and NHS dental treatment.  [**https://www.nhs.uk/nhs-services/prescriptions/nhs-prescription-charges/**](https://www.nhs.uk/nhs-services/prescriptions/nhs-prescription-charges/) |
| Physiotherapy | Speak to the GP  Self-referral to Dynamic Health Physiotherapy Services  <https://www.eoemskservice.nhs.uk/physiotherapy-self-referral>  Community Rehabilitation Service CPFT  For housebound adults over 18 years of age, due to physical illness, injury, disability, or infirmity  03307260077  E mail [communityrehabservice@cpft.nhs.uk](mailto:communityrehabservice@cpft.nhs.uk)  Find your local team here: https://www.cpft.nhs.uk/service-detail/service/community-rehabilitation-71/ |
| Relationships | Safe Soul Mate  For adults with additional needs (learning disabilities, autism, anxiety, and other things that have made socialising challenging). Groups to encourage friendship and socialisation.  Call 07935 866219 or 07493542963.  <https://hayfenland.co.uk/activities/safe-soulmate/>  Papworth Trust  Offers a range of services for disabled people delivering support through housing care, employment, and leisure. This includes supported housing, day services and care services.  <https://hayfenland.co.uk/support/papworth-trust/> |
| Sexual Health Services and Relationships | iCaSH  0300 300 3030  <https://www.icash.nhs.uk/where-to-go/icash-cambridgeshire>  Centre 33  <https://centre33.org.uk/help/sexual-health/>  0333 4141809  Mencap  <https://www.mencap.org.uk/advice-and-support/relationships-and-sex>  Learning Disability Helpline  Free helpline service offers advice and support for people with a learning disability, and their families and carers.  <https://www.mencap.org.uk/contact/contact_mencap_direct>  Dhiverse  <https://www.dhiverse.org.uk/> |
| Speech and Language Service | The Peterborough City Council Speech and Language service works with adults (18 and over) who have a diagnosed learning disability and/or autism spectrum condition who are registered with a Peterborough GP  A referral can be made by calling adult social care on 01733 747474 and explaining that a referral to Speech and Language Therapy is required. |
| Substance Misuse | For drugs, alcohol and substance abuse talk to your GP.  Telephone helplines:  FRANK provides free information and advice on drugs, and information on where to get help:  0300 123 6600  <https://www.talktofrank.com/contact-frank>  Drinkline: 0300 123 1110 |
| Sensory Impairments | Support for those with sensory impairments  Camsight  Telephone Support / Welfare check ins  Cambridge: 01223 420033  Wisbech: 01945 660795  info@camsight.org.uk  [www.camsight.org.uk](http://www.camsight.org.uk)  Hunts Society for the Blind  For individuals with reduced vision or blindness  Telephone Support / Welfare  check ins  [www.huntsblind.co.uk](http://www.huntsblind.co.uk)  Cambridgeshire Deaf Association  Telephone support / Welfare check ins  BSL video communication  Online drop in groups (via Zoom  01223 246237; text: 07429 231230  [office@cambsdeaf.org](mailto:office@cambsdeaf.org)  [www.cambsdeaf.org](http://www.cambsdeaf.org) |
| Tissue Viability Service CPFT NHS Trust | The service provides specialist advice and support for patients, GPs, practice nurses, district nurses and other healthcare professionals in the management of complex wounds, particularly the prevention and treatment of pressure ulcers.  Referrals are accepted from GPs, other health and social care professionals, hospital services and nursing homes.  Administration hub team 0330 726 0077 |
| Transition Nurses in Hospital | Kristie Foreman: Paediatric Transition Specialist Nurse  The Queen Elizabeth Hospital King’s Lynn NHS Foundation Trust  Phone: 01553 613613  Email: paediatrictransition@qehkl.nhs.uk  Secure e mail: [qehkl-tr.paediatrictransition@nhs.net](mailto:qehkl-tr.paediatrictransition@nhs.net)  John-Paul Rhodes: Paediatric Transition Co-ordinator  North West Anglia NHS Foundation Trust  Phone: 07856 336 356  Email:[nwangliaft.healthcaretransition@nhs.net](mailto:nwangliaft.healthcaretransition@nhs.net) |
| Urgent Treatment Centres (UTC) and Minor Injury Units (MIU) | Peterborough Urgent Treatment Centre (UTC) Peterborough City Hospital, Edith Cavell Campus, Bretton Gate, Peterborough PE3 9GZ.  Ely Minor Injury Unit (MIU), Princess of Wales Hospital  Lynn Road, Ely, CB6 1DN  Doddington Minor Injury Unit (MIU)  Benwick Rd, Doddington, March PE15 0UG  Wisbech Minor Injury Unit (MIU)  North Cambs Hospital, The Park, Wisbech, PE13 3AB  Urgent Treatment Centre Cambridge University Hospitals NHS Foundation Trust Cambridge Biomedical Campus Hills Road Cambridge CB2 0QQ |
| Wheelchairs | Contact the NHS wheelchair service direct for reassessment, repair and maintenance, and advice.  <https://cambridgeshireandpeterborough.wheelchair.services/>  0800 1699633  Your GP can also talk to you about a wide range of walking aids, and physiotherapy.  You can also buy mobility aids yourself. |