Where Now?



Transitioning to Adult Health Services across Cambridgeshire, Peterborough and Fenland

Where to go for health advice, care and treatment when you leave school

Children’s Community Specialist Nursing Service Cambridgeshire Community Services NHS Trust.

V.1 2024

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

Preparing well for the move from school 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 your medical needs and the support services who looked after you as a child will change during the transition from school to adult life.

We know that people with Learning Disabilities may have additional physical and mental health needs. This pack is designed to provide useful contact details of 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

Your everyday day medical care will be provided by your family doctor (GP). They will look after your basic health needs and medication when needed.

You may also need to be referred to some adult specialist health services.

**Hospital Care**

**Transition Nurses**

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)

**NHS 111**

You should use the NHS 111 service if you need medical help or advice urgently but it’s not a lifethreatening 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.

**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

**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/

**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

**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)

**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/

**Prescriptions**

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/)

**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/)

**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 and 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

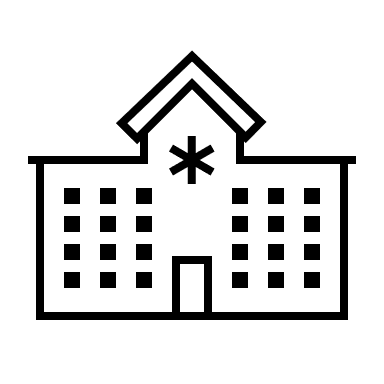
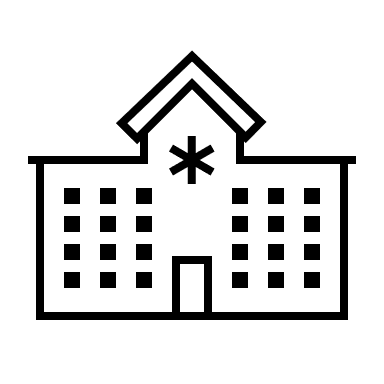
Cambridge City: 01223 300460

**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



**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/>

**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

**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>

**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 also understands how hospitals work.

Nurses/Advisors can work with the hospital to help you get the care, treatment, tests you need.





Fenland

East Cambridge & Fenland Admin Hub

Doddington Hospital

Benwick Road

Doddington

PE15 0UG

Huntingdon

Huntingdon Admin Hub

Kingfisher House

Kingfisher Way

Hinchingbrooke Business Park

Huntingdon

PE29 6FH

Peterborough

Peterborough admin hub

Unit 2

Phorpres Close,

Peterborough

PE78FZ

Cambridge

Cambourne Admin Hub

South Cambs District Council

South Cambs Hall

Cambourne

CB23 6EA

**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

**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/>

Pinpoint Parent/Carer Support Cambridgeshire

<https://www.pinpoint-cambs.org.uk/support-groups/>

Family Voice Parent/Carer Support Peterborough

<https://familyvoice.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)

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)

**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)

**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/>

**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 – a 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/>

or CPFT Talking Therapies https://www.cpft.nhs.uk/talkingtherapies

Cambridgeshire, Peterborough and South Lincolnshire Mind self referral <https://www.cpslmind.org.uk/>

GPs can make referrals for mental health assessments

**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)

**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

**Life Limiting and Palliative Care Needs**

**Hospice Care**

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. <https://www.hospiceuk.org/>

**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/>

**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>

**Sight Test**

Database of optometrists and dispensing opticians for those people with Learning Disabilities and or Autism

<https://www.seeability.org/optometrists>

Free NHS eye tests and optical vouchers:

<https://www.nhs.uk/nhs-services/opticians/free-nhs-eye-tests-and-optical-vouchers/>

**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

**GP**

GP practices provides 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/>

**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.

[**https://bnssg.icb.nhs.uk/health-and-care/pharmacies/**](https://bnssg.icb.nhs.uk/health-and-care/pharmacies/)

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

**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

**Advocacy Services**

Voiceability

Advocacy services for all ages

[**https://www.cpft.nhs.uk/advocacy/**](https://www.cpft.nhs.uk/advocacy/)

Referrals, including self-referrals, for advocacy services can be made by contacting them by phone, or by email. The service has a dedicated referral helpline: 0300 222 5704.

Online referrals <https://www.voiceability.org/make-a-referral>

**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>

**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.

**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.