

## Patient Information Leaflet

### Parent/Carer information

Blackburn with Darwin - [bwdmedseccnp@elht.nhs.uk](mailto:bwdmedseccnp@elht.nhs.uk)

Burnley/Pendle - [bandpmedseccnp@elht.nhs.uk](mailto:bandpmedseccnp@elht.nhs.uk)

Hyndburn/Ribble Valley - [hvrmedseccnp@elht.nhs.uk](mailto:hvrmedseccnp@elht.nhs.uk)

Enquiries for children being assessed via the Children's Development Centre (CDC)  
01282 803646

Autism		
ASD Pathway	To check on progress of assessment	<a href="mailto:elhtasdpathway@elht.nhs.uk">elhtasdpathway@elht.nhs.uk</a> 01282 804393
Autism Unlocked	Online resource recommended by Action for ASD	<a href="https://lsc.autismunlocked.co.uk/">https://lsc.autismunlocked.co.uk/</a>
Spring North	Autism Support Service	<a href="http://www.springnorth.org.uk/ASDsupportoffice@springnorth.org.uk">www.springnorth.org.uk/ASDsupportoffice@springnorth.org.uk</a>
Understanding Autism Northwest	Autism resource centre	01254 471500 <a href="http://www.understandingautismnw.co.uk">http://www.understandingautismnw.co.uk</a>
National Autistic Society	Very good online resource	<a href="http://www.Autism.org.uk">www.Autism.org.uk</a>
Spectrum of Light	ASD group in Rossendale	Via Facebook
Spectrum Gaming	Online community for autistic young people	<a href="https://www.spectrumgaming.net/">https://www.spectrumgaming.net/</a>
Pervasive Demand Avoidance	Online advice	<a href="https://www.pdasociety.org.uk/">https://www.pdasociety.org.uk/</a>
Autistic Girls Network	Charity supporting girls with ASD	<a href="http://www.autisticgirlsnetwork.org">www.autisticgirlsnetwork.org</a>
The A World UK CIC	Charity supporting the autistic community	<a href="https://www.theaworlduk.com/">https://www.theaworlduk.com/</a>
Autism Understood	Website designed to support those with ASD to understand their diagnosis, and themselves more effectively	<a href="https://autismunderstood.co.uk/">https://autismunderstood.co.uk/</a>
Molehill Mountain	App to help children and young people with autism self-manage anxiety	<a href="https://www.autistica.org.uk/molehill-mountain">https://www.autistica.org.uk/molehill-mountain</a>
Autism Alliance	(Website under construction)	<a href="https://www.autism-alliance.org.uk/national-agenda/policy-documents/hello@autismalliance.org.uk">https://www.autism-alliance.org.uk/national-agenda/policy-documents/hello@autismalliance.org.uk</a>
Help Guide	Helping your child with autism thrive	<a href="https://www.helpguide.org/articles/autism-learning-disabilities/helping-your-child-with-autism-thrive.htm">https://www.helpguide.org/articles/autism-learning-disabilities/helping-your-child-with-autism-thrive.htm</a>

### Disability Support

Contact	Support and advice for families of children with a disability	<a href="http://www.Contact.org.uk">www.Contact.org.uk</a>
SEND IASS	Advice regarding children with Special Educational Needs	0300 1236706 <a href="mailto:Inclusion.East@lancashire.gov.uk">Inclusion.East@lancashire.gov.uk</a>
SOS!SEN	Small charity offering independent, legally based advice on SEN to parents and carers	<a href="http://www.sossen.org.uk">www.sossen.org.uk</a> Term time helpline: 0208 5383731
Designated Clinical Officer Service	Support families of children with SEND with accessing NHS health services	01254 612722 or 07973 963565 <a href="mailto:Lcn-tr.dcopennine@nhs.net">Lcn-tr.dcopennine@nhs.net</a>
Lancashire Social Care	To request additional support for children with disabilities	0300 1236720
LCFT Health Facilitation Team	Supporting people with learning disabilities to access health care	<a href="https://www.lscft.nhs.uk/healthfacilitation">https://www.lscft.nhs.uk/healthfacilitation</a>
Paediatric Learning Disability Team	Advice and support for parents and carers of children with moderate or severe LD	01772 520202 <a href="mailto:LDReferralHub@lscft.nhs.uk">LDReferralHub@lscft.nhs.uk</a>
Team Rise, Burnley	Supporting people with learning disabilities and autism across East Lancashire	<a href="https://teamrise.org.uk/about/">https://teamrise.org.uk/about/</a>
Lancashire SEND Partnership	Services available in the local area through Lancashire County Council	<a href="https://senddirectory.lancashire.gov.uk/kb5/lancashire/directory/home.page">https://senddirectory.lancashire.gov.uk/kb5/lancashire/directory/home.page</a>

### ADHD

ADHD Northwest	Support for children and families	01254 886 886 <a href="http://www.adhdnorthwest.org.uk">www.adhdnorthwest.org.uk</a> <a href="mailto:reception@adhdnorthwest.org.uk">reception@adhdnorthwest.org.uk</a>
ADHD Foundation	ADHD charity	<a href="http://www.adhdfoundation.org.uk">www.adhdfoundation.org.uk</a>
ADDitude	Online advice regarding ADHD	<a href="https://www.additudemag.com/">https://www.additudemag.com/</a>
Help Guide	Online resources regarding ADHD	<a href="https://www.helpguide.org/home-pages/add-adhd.htm">https://www.helpguide.org/home-pages/add-adhd.htm</a>
ADHD Aware	Online advice and meetings (face to face and zoom)	<a href="https://adhdaware.org.uk/">https://adhdaware.org.uk/</a>
ADHD UK	Advice and support for children and adults with ADHD	<a href="https://adhduk.co.uk/about-adhd/">https://adhduk.co.uk/about-adhd/</a>
Lanc UK	Support and assessment resource	<a href="https://www.lanc.org.uk/adhd-management-asd-assessment/behavioural-management/">https://www.lanc.org.uk/adhd-management-asd-assessment/behavioural-management/</a>
Lancashire and South Cumbria ICB advice	Advice and resources for ADHD	<a href="https://www.healthyyoungmindsisc.co.uk/information/professionals/attention-deficit-hyperactivity-disorder-adhd">https://www.healthyyoungmindsisc.co.uk/information/professionals/attention-deficit-hyperactivity-disorder-adhd</a>
Methylphenidate for ADHD	Medication information	<a href="https://www.medicinesforchildren.org.uk/wp-content/uploads/sites/8/2021/08/Methylphenidate-for-attention-deficit-hyperactivity-disorder-ADHD.pdf">https://www.medicinesforchildren.org.uk/wp-content/uploads/sites/8/2021/08/Methylphenidate-for-attention-deficit-hyperactivity-disorder-ADHD.pdf</a>

### Sleep Difficulties

The Sleep Charity	Online sleep advice	<a href="http://www.thesleepcharity.org.uk">www.thesleepcharity.org.uk</a>
The National Sleep Helpline	Telephone advice by specialist trained sleep advisors	03303 530541 Mon, Tues, Thurs 7pm – 9pm Mon & Wed 9am – 11am
The Teen Sleep Hub	Online sleep advice for teenagers	<a href="http://www.teensleephub.org.uk">www.teensleephub.org.uk</a>
Cerebra	Sleep advice for children with neurodevelopmental disorders	<a href="https://cerebra.org.uk/get-advice-support/sleep-advice-service/">https://cerebra.org.uk/get-advice-support/sleep-advice-service/</a>

### Other charities and sources of support

Hibi	Free care support app for families of children with developmental differences and health conditions	<a href="https://hibi.health/">https://hibi.health/</a>
The Brain Charity	Support for people with neurological conditions	<a href="https://www.thebraincharity.org.uk/">https://www.thebraincharity.org.uk/</a>
The Child Brain Injury Trust	Support for children with acquired brain injury	<a href="https://childbraininjurytrust.org.uk/">https://childbraininjurytrust.org.uk/</a>
Tourettes action	Advice regarding Tourette's Syndrome	<a href="http://www.Tourettes-action.org.uk">www.Tourettes-action.org.uk</a>
Visual processing difficulties	Online information and eye exercises to support visual health and school success	<a href="https://eyecanlearn.com/perception/">https://eyecanlearn.com/perception/</a>
Dyspraxia Foundation	Advice and support for children with DCD	<a href="http://www.dyspraxiafoundation.org.uk">www.dyspraxiafoundation.org.uk</a>
ARFID Awareness UK	Advice regarding avoidant and restrictive food intake disorder	<a href="https://www.arfidawarenessuk.org/what-is-arfid">https://www.arfidawarenessuk.org/what-is-arfid</a>
The Chatty Dietician	Lead dietician for CAMHS, Northampton Health Care NHS Trust	@ChattyDietician on X
BEAT Eating Disorders	UK Eating Disorder Charity (including ARFID advice)	<a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a>
Endeavour	ARFID Carer support group run by BEAT Eating Disorders	<a href="https://www.beateatingdisorders.org.uk/get-information-and-support/support-someone-else/endeavour-arfid-carer-support-group/">https://www.beateatingdisorders.org.uk/get-information-and-support/support-someone-else/endeavour-arfid-carer-support-group/</a>
Birmingham Food Refusal Service	Online courses and information leaflets regarding difficulty eating and sensory sensitivities	<a href="http://www.foodrefusal.co.uk/">http://www.foodrefusal.co.uk/</a>
Growing Hands on Kids	Online advice for sensory processing difficulties	<a href="http://www.growinghandsonkids.com">www.growinghandsonkids.com</a>
Blackpool Council	Sensory processing difficulties information for parents	<a href="https://www.blackpool.gov.uk/Residents/Education-and-schools/Local-offer/Parents/Sensory-processing-difficulties-information-for-parents.aspx">https://www.blackpool.gov.uk/Residents/Education-and-schools/Local-offer/Parents/Sensory-processing-difficulties-information-for-parents.aspx</a>
Sensory Integration Education	Qualified SI practitioners and advanced practitioners, as recommended by Royal College of Occupational Therapy	<a href="https://www.sensoryintegrationeducation.com/pages/local-therapists">https://www.sensoryintegrationeducation.com/pages/local-therapists</a>

Sensation the Sensory Gym	Family run, teacher led team of sensory needs practitioners.	43a Market St, Church, Accrington BB5 0DP <a href="https://www.sensationgym.co.uk/">https://www.sensationgym.co.uk/</a> <a href="https://www.facebook.com/sensationsensorygym">https://www.facebook.com/sensationsensorygym</a>
Holistic Child and Family Therapy	Sensory processing advice and support.	<a href="https://www.holisticchildandfamilytherapy.co.uk/">https://www.holisticchildandfamilytherapy.co.uk/</a> @holisticchild on Instagram
Kelly Mahler, Interoception Website	Occupational Therapist offering advice regarding emotional regulation.	<a href="https://www.kelly-mahler.com/what-is-interoception/">https://www.kelly-mahler.com/what-is-interoception/</a>
OCD UK	Charity supporting children and adults affected by obsessive-compulsive disorder.	<a href="https://www.ocduk.org/ocduk/">https://www.ocduk.org/ocduk/</a>
The British Dyslexia Association	Advice and support for dyslexia and dyscalculia.	<a href="https://www.bdadyslexia.org.uk/">https://www.bdadyslexia.org.uk/</a>
Helen Arkell Dyslexia Charity	Assessment and support.	<a href="https://helenarkell.org.uk/">https://helenarkell.org.uk/</a>
FASD Group for Greater Manchester and Surrounding Areas	Building a network for families affected by Foetal Alcohol Spectrum Disorder.	FasdgreaterManchester@yahoo.com <a href="http://www.facebook.com/FasdGreaterManchester/">http://www.facebook.com/FasdGreaterManchester/</a>
Community Genetics Team	Advice for families affected by genetic conditions.	<a href="mailto:advice@communitygenetics.org.uk">advice@communitygenetics.org.uk</a> Anne Edington 07715651504 Aashiya Patel 07715 635771
East Lancashire Down's Syndrome Support Group	Charity for families of children with DS.	<a href="mailto:eastlancsdssg@aol.co.uk">eastlancsdssg@aol.co.uk</a> 01706 217354 or 07899983544
Child and family wellbeing service	Families can self-refer via Talk Zone and contact directly for advice regarding available services.	Family information service – 0300 1236712 Talkzone – 0800 511111 (text 07786 511111) <a href="https://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/">https://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/</a> Burnley Wood CFW – 01282 470707 (CFW also on Facebook) <a href="http://www.lancashire.gov.uk/youthzone">www.lancashire.gov.uk/youthzone</a> <a href="http://www.canw.org.uk/ehwb">www.canw.org.uk/ehwb</a>
ERIC	Continence advice.	<a href="http://www.eric.org.uk">www.eric.org.uk</a>
New Era, Burnley	Offering support to families.	<a href="https://www.neweraburnley.co.uk/">https://www.neweraburnley.co.uk/</a>
Burnley HAF programme - free meals and activities for children eligible for benefits related free school meal children during the school holidays	Provides activities for children and young people for 1 week at Easter, 4 weeks in the Summer and 1 week in the Christmas holidays.	<a href="https://burnleyhaf.org.uk/under-12s/">https://burnleyhaf.org.uk/under-12s/</a> <a href="https://burnleyhaf.org.uk/12-16s/">https://burnleyhaf.org.uk/12-16s/</a> <a href="mailto:haff22@burnley.gov.uk">haff22@burnley.gov.uk</a>

Burnley, Pendle and Rossendale Council for Voluntary Service	Work with young people aged 8-18 and support them in finding the appropriate groups, support and activities.	<a href="https://bprcvs.co.uk/index.html">https://bprcvs.co.uk/index.html</a> <a href="https://bprcvs.co.uk/children--families.html#">https://bprcvs.co.uk/children--families.html#</a>
Gender identity	Information provided by clinical psychology colleagues.	<a href="https://www.allsortsyouth.org.uk/resources/toolkits-booklets-guides">https://www.allsortsyouth.org.uk/resources/toolkits-booklets-guides</a>  <a href="#">New LGBT Youth Group in Burnley - Lancashire LGBT - Happier, healthier and better connected (lancslgbt.org.uk)</a>
Mermaids	National service for trans children and their families.	<a href="http://www.mermaidsuk.org.uk">www.mermaidsuk.org.uk</a>
Too good to go	App with discounted bags of 'surprise' food.	<a href="https://www.toogoodtogo.com/en-gb/user">https://www.toogoodtogo.com/en-gb/user</a>
Recovery College	Courses offered cover a range of topics linked to the five ways to wellbeing for anyone over 16y.	<a href="https://www.lscft.nhs.uk/RecoveryCollege">https://www.lscft.nhs.uk/RecoveryCollege</a>
Phab	Inspiring and supporting disabled and non-disabled children.	<a href="https://www.phab.org.uk/about-us/">https://www.phab.org.uk/about-us/</a>
Talk to Frank	24 hour confidential drug advice helpline.	0300 1236600
With you	Free, confidential support to young people experiencing challenges with drugs and alcohol.	<a href="https://www.wearewithyou.org.uk/local-hubs/lancashire">https://www.wearewithyou.org.uk/local-hubs/lancashire</a>
The Princes Trust	Support for young people aged 16 – 30 to build confidence, get a job or start a business.	<a href="https://www.princes-trust.org.uk/">https://www.princes-trust.org.uk/</a>
Rally Round	Free online tool for support to those in need.	<a href="https://rallyroundme.com/">https://rallyroundme.com/</a>
Child Exploitation and Online Protection	Support for concerns regarding online abuse.	<a href="https://www.ceop.police.uk/Safety-Centre/">https://www.ceop.police.uk/Safety-Centre/</a>
Childline	Anonymous support for young people; online and on the phone any time.	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>  0800 1111

### Mental health support

East Lancashire Healthy Minds	Mental health advice, guidance, and directory	01282 644700
Mindsmatter - Lancashire and South Cumbria NHS Foundation Trust	Work with adults aged 16 upwards struggling with difficulties such as stress, anxiety, and depression	01282 657268
ELCAS in the community	Parents and school can refer for CAMHS support	<a href="https://www.healthyyoungminds.lsc.co.uk/home/pennine-lancashire-camhs-self-referral">https://www.healthyyoungminds.lsc.co.uk/home/pennine-lancashire-camhs-self-referral</a>
Children and Young People's Mental Health Coalition	Resources and toolkits for children, young people, parents and carers	<a href="https://cypmhc.org.uk/resources/">https://cypmhc.org.uk/resources/</a>
Place to Be	Child and young people's mental health charity	<a href="https://www.place2be.org.uk/">https://www.place2be.org.uk/</a>
Maundy Relief	Free services including counselling for adults and young people aged 11+	<a href="https://maundyrelief.org.uk/therapies/">https://maundyrelief.org.uk/therapies/</a>
Help Guide	Online advice for a range of mental health difficulties, including PTSD, anxiety, stress and grief	<a href="https://www.helpguide.org/category/mental-health">https://www.helpguide.org/category/mental-health</a>

Hub of Hope	Mental health support database	<a href="https://hubofhope.co.uk/">https://hubofhope.co.uk/</a>
-------------	--------------------------------	---

### Useful Websites

NHS website	Signposting for a wide range of health conditions	<a href="http://www.nhs.uk">www.nhs.uk</a>
Calm Harm App	App	Via NHS website <a href="http://www.nhs.uk">www.nhs.uk</a>
Young minds	Parent helpline and webchat	0808 802 5544 <a href="https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/">https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/</a>
Kooth	Free, anonymous and safe support (11- 25)	<a href="http://www.kooth.com">www.kooth.com</a>
Every Mind Matters		<a href="https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/">https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/</a>
Lancashire Healthy Young People and Family Service	We provide health visiting services, health advice (from antenatal through to the first 5 years of your child's life) and school nursing services for 5 to 19-year-olds *	0300 247 0040 <a href="https://lancsyoungepeoplefamilyservice.co.uk/">https://lancsyoungepeoplefamilyservice.co.uk/</a>
Time to Change	Mental health advice	<a href="http://www.time-to-change.org.uk">www.time-to-change.org.uk</a>
The Mental Health Foundation	Mental health advice	<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
MindEd	Free educational resource for children, young people and adult's mental health	<a href="http://www.minded.org.uk">www.minded.org.uk</a>
Self help	CBT self-help and therapy resources	<a href="http://www.getselfhelp.co.uk">www.getselfhelp.co.uk</a>

### Bereavement Support

Ruth Strauss Foundation	Supporting families with a child facing the death of a parent	<a href="https://ruthstraussfoundation.com/">https://ruthstraussfoundation.com/</a> <a href="https://ruthstraussfoundation.com/info-and-support/support/">https://ruthstraussfoundation.com/info-and-support/support/</a>
Winston's Wish	UK's childhood bereavement charity	<a href="http://www.winstonswish.org.uk">www.winstonswish.org.uk</a>
Milly's Smiles	Bereavement support	<a href="https://www.millyssmiles.org/so-uls/">https://www.millyssmiles.org/so-uls/</a>

## Car Parking

There are 6 designated Pay and Display car parks around the Hospital for patients and visitors to the Trust to use. These are:

Car park 1- Opposite Victoria Wing.

Car park 2 - Opposite the UCLan building.

Car park 3 - Outside the Lancashire Women and Newborn Centre.

Car park 4 – Casterton Avenue opposite the UCC department.

Car park 5 – Opposite Main Outpatients Department.

Car Park 6 - Opposite Area 7 main entrance.

Please ensure you have the correct change to pay for parking as the machines do not give change.

## Disabled Visitors

Designated disabled parking areas can be found around the hospital.

**If you require this document in an alternative format or language, please contact [Familycarequality.safetyteam@elht.nhs.uk](mailto:Familycarequality.safetyteam@elht.nhs.uk)**

## Polish

W celu otrzymania tego dokumentu w innym formacie lub języku, prosimy o kontakt z

## Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਕਿਸੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣੀ ਚੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

## Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ مہربانی رابطہ کریں

## Bengali

আপনি যদি এই প্রচারপত্রটি অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন

## Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați

## Lithuanian

Norint gauti šį [dokumentą](#) kitu formatu ar kita kalba, prašome susisiekti su mumis

Author: Dr S. Stuart-Booth  
Date of issue: 17/6/2024  
Version number: 1  
Review date: 17/6/2025  
Document ID: CNP 25

ID  
Date of Production:  
Date of Review: