

Mindsight Surrey CAMHS  
**Community Learning Disabilities**  
**Service for children and young people**  
Information for families,  
carers and practitioners



For a better life

## Our services for children, young people and families

The Community Learning Disability service is part of Mindsight Surrey CAMHS, a partnership for children and young people with mental health problems and learning disabilities living in Surrey.

### What we do

Our Community Learning Disability Service provides assessment, consultation and short, focused treatments and support for children and young people up to the age of 18 who have a learning disability. We help:

- ▶ Pre-school children who are delayed cognitively by at least a third of their chronological age and are also delayed in two other areas, such as motor, social or communication/language skills.
- ▶ School aged children who have a learning disability and who are delayed by at least three years in cognitive ability and are also delayed in two other areas, such as communication and self-help skills.

**“You outlined your work in a clear and thoughtful manner.”**

**Parent**

### About us

The team is made up of staff with different specialisms to provide the best possible help and support, including nurses, psychiatrists, psychologists and music and drama therapists.

**“We are very grateful for your input.”**

**Parent**



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## How we can help you

We support children and young people who have challenging, mental health needs or who experience difficulties with their daily lives in areas such as toileting, sleep, puberty or independence skills.

### Examples of these may present as:

- ▶ Inappropriate and disturbed sleep patterns, including difficulties with falling asleep, night time waking and or challenging behaviour at night
- ▶ Issues around the development of appropriate toileting for the young person. This may include families requiring support around toilet training, soiling, smearing, day and night time incontinence and toilet phobias
- ▶ Self-injurious behaviour, including head banging, self-hitting, biting and any other behaviour that may cause injury to self
- ▶ Behaviour that can be challenging for the family to manage in and out of the home setting, where the parents / guardians require additional support in understanding the functions of these behaviours, and strategies to manage them. This may also include strategies and approaches to help with aiding communication
- ▶ Behavioural difficulties relating to a child's dietary intake, such as young people with self-restricting diets, linked with their disability, such as autism, as well as over eating behaviours
- ▶ Emerging mental illness, such as increased anxiety, low mood, becoming withdrawn, impact upon appetite and sleep, changes in behaviour. This may also include specific phobias that are significantly impacting upon the young person's ability to function
- ▶ Inappropriate sexualised behaviour towards self and others, which cannot be managed or understood by normal parenting approaches
- ▶ Where a young person and their family require additional support in enabling the young person to learn the skills required for independence and self-care.

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## What to expect from your Community Learning Disabilities service

We offer comprehensive assessment and appropriate treatments and support to children and young people with a learning disability, working in partnership with parents, carers, other professionals and agencies. This may include referrals to, or joint working with CAMHS, social services, other child health services or voluntary agencies, such as those offering short break services.

The support varies according to the needs of each child or young person and is provided by the most appropriate member(s) of the team, depending on the circumstances.

The nature and type of support we offer includes:

➤ Assessment, implementation and evaluation strategies which support families and young people with behaviour management, self-help skills, sleep, toileting, transition, autism spectrum disorder and puberty

➤ Music or drama therapy

- Family therapy, jointly with our CAMHS colleagues
- Support and advice about relationships and sexual health
- Response to behavioural problems and possible emerging mental health issues such as anxiety and depression
- Promotion of emotional, physical and mental wellbeing for those with complex health needs
- General health promotion advice
- Information giving and onward referral to other relevant services available within the local area.

**“Thank you for everything above and beyond the call of duty.”**

**Parent**



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## Contact us

### **Bourne House**

3 Brookfield Close,  
Ottershaw, Surrey KT16 0JL

Tel: 01932 876666

### **Berkeley House**

11-13 Ockford Road,  
Godalming, Surrey GU7 1QU

Tel: 01483 528100

### **Bracketts Resource Centre**

116-118 Station Road East,  
Oxted, Surrey RH8 0QA

Tel: 01883 382387

### **Ramsay House**

West Park, Epsom,  
Surrey KT19 8PB

Tel: 01372 202100

### **Gatton Place**

St. Matthews Road,  
Redhill RH1 1TA

Tel: 01737 288730

## **In case of a crisis**

If you are seeing or looking after a child or young person who you believe is in crisis and requires an urgent response, between the hours of 8am and 8pm seven days a week

including bank holidays, contact **CAMHS One Stop** on **0300 222 5755**. Outside of these hours and if there is immediate risk please use the appropriate emergency service.

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## How to make a referral

We accept referrals from health, social care or education practitioners such as a GP or teacher. This ensures that every child or young person referred is in contact with the right service and receives appropriate treatment and support.

Please contact your GP, teacher or social care worker to get a child or young person a referral to our service.

If you have any questions about a child or young person's mental health, call **CAMHS One Stop** for advice.

### To make a referral contact CAMHS One Stop



0300 222 5755



Visit our website here:

[sabp.nhs.uk/mindsightsurreycamhs](http://sabp.nhs.uk/mindsightsurreycamhs)



**CAMHS One Stop, 18 Mole Business Park,  
Leatherhead, KT22 7AD**

**If you would like this information in another format such as large print, Braille, easy read or another language please contact us on:**

**Tel: 01372 216285**

**Email: [communications@sabp.nhs.uk](mailto:communications@sabp.nhs.uk)**

#### **Confidentiality and information sharing**

We may need to share information about people who access our services with relevant Surrey CAMHS partners in order to provide care and advice. This will only take place if we have received permission and it is considered necessary.

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Surrey and Borders Partnership NHS Foundation Trust  
18 Mole Business Park, Leatherhead, Surrey KT22 7AD

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Tel: 0300 55 55 222 Textphone: 020 8964 6326

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