

# Children's Speech and Language Therapy



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## Who we are and what we do

Some children find communicating harder than others. They may need extra help to learn these skills. Speech & Language Therapists provide assessment and support to children who have difficulties in any of the following:

- Understanding spoken language
- Using spoken language
- Speech sounds and pronunciation
- Stammering
- Social skills and interacting
- Eating and drinking

Speech & Language Therapists are just one of the team of people around a child who can help to support their communication. This team might include school or nursery, and of course – you!

## How often will my child be seen?

It depends on your child's needs. Some children only have one appointment to get the advice and support they need. Others may need follow-up appointments, possibly in clinic or in school, such as half-termly visits. Some children need periods of more regular appointments, which could be working 1:1 with a child, working in groups, or in parent workshops.

## What can I do to help?

There are lots of things you can do to help. You are your child's most important teacher. What you do together can really help your child. Before your appointment visit our Cumbria Partnership Speech and Language Therapy website. This has lots of information and ideas of how to support communication development. The toolkit can be accessed at [www.cumbriapartnership.nhs.uk](http://www.cumbriapartnership.nhs.uk) under Children and Families, in the Children's Therapy section. In order to support your child's therapy, you will need to continue to follow the advice of the therapist at home and in their setting.

## When will my child be discharged?

Some children will have ongoing communication needs; our aim is to enable you and the people around your child to support their communication independently.

Your child may be discharged from Speech & Language Therapy if:

- Their communication is in line with their general development.
- You have the skills to continue supporting your child's communication.
- It is currently not the right time for therapy; your child may have other needs or is not yet ready for therapy.
- Another service is better able to support your child's needs.



You can get back in touch with the Speech & Language Therapists department in the future if your situation changes. If you are not sure why your child has been referred to our service please contact the person who you were referred by.

East Cumbria (Carlisle and Eden) – 01228 608117

West Cumbria – (Allerdale and Copeland) – 01900 705080

South Lakes – 01539 715226      Furness – 01229 491320

If you are unable to keep your appointments, please contact the department as soon as possible to re-arrange. If you do not let us know, your child may be discharged from the service.

### **Process:**

Your child is referred to Speech & Language Therapy

We will send a letter to let you know your child is on the waiting list

We will contact you to arrange your first appointment

You and the therapist will decide the next steps for your child

### **Confidentiality**

**‘The Trust’s vision is to keep your information safe in our hands.’**

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email [Information.Governance@cumbria.nhs.uk](mailto:Information.Governance@cumbria.nhs.uk)

### **Feedback**

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: [PET@cumbria.nhs.uk](mailto:PET@cumbria.nhs.uk) Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

**01228 603890**

E:[communications.helpdesk@cumbria.nhs.uk](mailto:communications.helpdesk@cumbria.nhs.uk)

Or write to Engagement and Communications  
Voreda House | Portland Place | Penrith | CA11 7QQ



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