Learning Disability Signposting Services

NHS
Hampshire and Isle of Wight Healthcare
NHS Foundation Trust

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1. Advocacy

Voiceability is an independent charity of advocacy and involvement services: www.voiceability.org
Hampshire Advocacy Hub is an independent advocacy group for adults and children : www.hampshireadvocacy.org.uk
The Advocacy People provide independent support in Southampton and Hampshire: https://www.theadvocacypeople.org.uk

2. Bereavement

Cruse offer bereavement support and information: www.cruse.org.uk
Help in Bereavement offers a voluntary and supportive visiting service for bereaved people: www.help-in-bereavement.org.uk
Southampton City Council and **Hampshire County Council** have a signposting page for local bereavement services: Useful contacts (southampton.gov.uk) **OR**
Bereavement and End of Life | Health and social care | Hampshire County Council (hants.gov.uk)
Butterflies Bereavement Support provide professional bereavement counselling and local bereavement drop-in groups to support adults who are dealing with grief and loss in Hampshire and the Isle of Wight: Butterflies Bereavement Support

3. Carers Support

The Princess Royal Trust is a charity which supports carers: Home - The Princess Royal Trust for Carers in Hampshire (carercentre.com)
Ensure carers are coded and offered their own carers health check.
Advise carers to go to their **local council** for a carers assessment. For support in **Hampshire**: Carer's assessment | Health and social care | Hampshire County Council (hants.gov.uk) Tel: 03005551386 or 03005551373 (Out of Hours) **OR Southampton**: Unpaid Carers Support Southampton

4. Community Learning Disability Health Team

Open referral system for people aged **18+ with an unmet health need** that requires support from LD professionals.
To make a new referral, please contact the **Single Point of Access (SPoA):**
Tel: 02382 319913
Email: learningdisabilityservices@southernhealth.nhs.uk
Or scan the QR code for more information.

5. Drug and Alcohol Support

ChangeGrowLive help adults and families who are struggling with drugs or alcohol and are based in Southampton: Change Grow Live Southampton - drug and alcohol service info

6. Employment and activities

Mencap Southampton run activities and events in Southampton: Southampton Mencap | The Voice Of Learning Disability
Support Buddies are based in Southampton and offer one-to-one social or active support such as accompanying someone go to the cinema or a football match: Support Buddies Service in Southampton Hampshire
Ways into Work: Delivers a Supported Employment Service working with individuals with a disability to access paid employment. Family Information and Services Hub | Ways into Work (hants.gov.uk)
Employment and independence: Hampshire CC: SEND Employability and Independence Hubs | Hampshire County Council (hants.gov.uk)
OR if you live in Southampton: Employment Support for people with learning disabilities (southampton.gov.uk)
Loneliness: Consider referral to Social Prescribers. The **Samaritans** are dedicated to feelings of isolation and disconnection: Samaritans | Every life lost to suicide is a tragedy | Here to listen

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7. Equipment

Argenti offer at home personal alarm systems (telecare) which can support independence and detect falls: Home – Argenti
Hampshire Wheelchair Services is operated by Ross Care. They provide wheelchair and postural management services to the eligible residents of Hampshire and the IOW: West Hampshire, Southampton and Isle of Wight Wheelchair & Repair Serv | Ross Care or telephone 03330038071 (Hampshire).
Hampshire Equipment Service (HES) can deliver and install equipment to help make life at home easier and safer: Equipment and adaptations | Health and social care | Hampshire County Council

8. Finance

Dosh Financial advocacy give people the information and support they need to have as much independence and control as possible over their money. They can support anyone with a learning disability with appointeeship, financial advocacy, money checks and account management https://www.dosh.org/

9. Family Relationships

Options Wellbeing offer help to anybody whose relationship or marriage is facing difficulties or is in a crisis. Based in Southampton and Bournemouth: Couples Therapy In Southampton & Bournemouth | Affordable Services.
National Family Mediation in Southampton is a confidential, structured service designed to help Southampton families resolve conflicts and reach fair, lasting agreements, especially in times of separation or divorce: Family Mediation In Southampton | National Family Mediation.

10. Fire / Crime safety advice

The Blue Lamp Trust provides free home security visits, long-life smoke alarms and advice to vulnerable people in Hampshire and the IOW, particularly the elderly and victims of burglary and domestic abuse: THE BLUE LAMP TRUST | DRIVEN BY SAFETY

11. Hospital Liaison Nurse teams

Queen Alexandra Hospital, Portsmouth: 023922286000 (ext. 5825)
University Hospital Southampton (Southampton General Hospital): 07464 923263 or 023 8120 5367. Email: lda@uhs.nhs.uk (UHS has paediatric LDA liaison nurse too)
Hampshire Hospitals (Basingstoke, Winchester and Andover) Tel: 01256 319892. Email: learning.disability@hhft.nhs.uk

12. LPA/ Deputyship

Guides for lasting power of attorney: Easy read guides for people with a learning disability or autism and their carers to apply for lasting power of attorney: Guides for lasting power of attorney | Mencap Trust.
Appointees, Deputies, and Power of Attorneys. When considering how best to support your relative in managing their own affairs, you will hear of different ways in which you can provide that support: Appointees, Deputies, and Power of Attorneys | Mencap

13. Men's Mental Health

AndysManClub are a men's suicide prevention charity offering free peer-to-peer support groups across the UK: ANDYSMANCLUB - It's Okay To Talk.
Mens Shed (includes women) are based in Shirley, Southampton, with the aim to reduce social isolation and promote active and healthy lifestyles later in life: Shirley Men's Shed | A Men's Shed. A charity. A community space for men (and women) to connect, converse and create.
ManGang have regular meetings allowing men who are struggling with their mental health the chance for conversations free from judgement: https://mangang.org.

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14. Mental Health

Samaritans offer 24-hour emotional support: Samaritans | Every life lost to suicide is a tragedy | Here to listen. Call 116123.
Mind Solent offer mental health and wellbeing support in Southampton: Support for you | Trusted mental health services in Hampshire.
Mind Andover offer mental health and wellbeing support across mid and north Hampshire: Homepage | Mental health charity | Support & information

15. Relationships and Sexual Health

Love4Life is a friendship and dating network: Love4Life
NeuroDisabilityNetwork *(previously Ready2Shine)* offer specialist relationship and sex education for adults with neurodisabilities: Neuro Disability Network – Neuro Disability Specialist Training.
Sexual health services in Southampton and Hampshire: https://www.letstalkaboutit.nhs.uk/
SHIELD clinic based in Portsmouth provides contraception, STI screening and treatment: St Marys Community Health Campus (Portsmouth) | HIVE Portsmouth

16. Safeguarding

Hampshire CC: Safeguarding adults | Health and social care | Hampshire County Council (hants.gov.uk)
Southampton CC: Safeguarding and welfare (southampton.gov.uk)

17. Sexual Assault

Treetops SARC is a sexual assault referral centre (SARC) offering specialist medical care, emotional support and practical help to anyone who has been raped or sexually assaulted: SARC :: Hampshire and Isle of Wight NHS Foundation Trust

18. Social Care Housing

Connect to Support is an online resource providing information and advice on local groups, activities and services within the community: www.connecttosupporthampshire.org.uk/
You can contact the housing department of your **local council** for housing advice Southampton City Council Hampshire County Council | Hampshire County Council (hants.gov.uk)
Social Care and Health: www.hants.gov.uk/socialcareandhealth/adultsocialcare
Citizens Advice: www.citizensadvice.org.uk

19. Specialist Dentist

Hampshire and Isle of Wight Healthcare NHS Foundation Trust **Special Care Dental Service** provide specialised dental care for those who are unable to access dental care in the General Dental Service because of their special needs. Patients must be registered with a General Medical Practitioner in Hampshire, Portsmouth, Southampton or the Isle of Wight Special Care Dental Service :: Hampshire and Isle of Wight NHS Foundation Trust.

20. Transition

Where appropriate, referrals can be accepted into the Community Learning Disability Team six months before the service user's 18th birthday. All transition referrals will go through the Single Point of Access Team for assessment. Referrals should be made using our referral form with the young person's consent, or with reference to their lack of capacity to consent and best interest considerations.

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21. Weight Loss

Family Information and Services Hub (FISH) gives advice on health and well-being, life skills and activities: Family Information and Services Hub (hants.gov.uk) **OR** Southampton: Southampton Family Information Service
Online resources for weight management:
Easy Health www.easyhealth.org.uk/resources/393-weight
Eatwell Guide Eatwell guide 2016 FINAL MAR29 (publishing.service.gov.uk)
Gloji Hampshire offer free weight loss plans for people living in Hampshire: www.hampshire.gloji.org.uk
Slimming World have made their services more accessible to people with a learning disability and have groups across Southampton and Hampshire: Weight Loss Support | Join a Slimming World Group