

Specialist Adult Learning Disability Team in Waveney



The Learning Disability Team
gives support to people who
are 25 and older

Who can be seen by the service?



We see people that are registered with a doctor's surgery in:

- Lowestoft
- Beccles
- Bungay
- Wrentham
- Halesworth
- Kessingland
- Southwold



How to get a service?

Your doctor or social worker can refer you to see us if you agree.



You can also ask your doctor or social worker if you think you need help.

The team

Our team is made up of lots of different **professionals**.



- Nurses
- A psychiatrist
- Psychologists
- An occupational therapist
- A speech and language therapist
- Community support workers

What we do



- **Help people** that are feeling mentally unwell
- **Help people** improve their wellbeing



- **Help people** with their medication

Find **blue words** on page 6



- **Help people** live with their thoughts, feelings and emotions



- **Help people** understand behaviours of concern



- **Help people** improve their life skills



- **Help people** with their physical health care



- **Help people** access other community groups

- **Help people** with their communication



- **Help people** with their eating and drinking



Where are we?

3 Airey Close
Lowestoft
Oulton
Suffolk
NR32 3JQ



Telephone: 01502 535020

Blue words

Professionals

People that are trained in a certain area.

Nurse

A person that is trained to manage your care.

Psychiatrist

A doctor that treats people's mental health.

Psychologist

Talk to people about their thoughts and feelings. They will ask questions about what you are good at and what you need help with.

Occupational therapist

Helps to improve daily living skills.

Community support worker

Staff working with people who are living in the community.

Behaviours of concern

Doing things that hurt yourself or others, damaging things and / or doing things that make life difficult for yourself or other people.

Speech and language therapist

Helps with your communication and eating and drinking needs



Help and advice

Contact the customer service team for confidential advice, information and support.

Confidential means anything you tell us will be kept private, unless there is a risk to you or other people.

Norfolk and Suffolk NHS Foundation Trust (NSFT) values and celebrates the differences of all its communities and will do our very best to provide equal services for everyone.



Please ask if you would like information in a different format.



Email: customer.service@nsft.nhs.uk



Telephone: 01 603 421486



Hellesdon Hospital, Drayton High Road,
Norwich, NR6 5BE
Tel: 01 603 421421



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