

How To Contact Us...



Main Number - Tel: 0115 88 31101

Information Service – Tel: 0115 8831157 or 8831158

Email - infoservicescdc@nottshc.nhs.uk

We are open Monday to Friday 8.30am - 4.45pm

You can write to us at:
The Children's Development Centre
City Hospital Campus
Hucknall Road
Nottingham
NG5 1PB

We are on the Nottingham
City Hospital Campus near
to the Maternity Unit.



positive



Welcome To The Children's Development Centre



Telephone: 0115 88 31101

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What is the Children's Development Centre (CDC)?

The CDC is the treatment centre and base for the specialist child development team for Nottingham City and South Nottinghamshire.

This team provides information, support and care for children with developmental impairments or disabilities and their families.

All areas of the Centre are wheelchair accessible.

We provide:

- Coordinated assessment and treatment for children with severe developmental impairments or disabilities
- Specialist paediatric clinics
- Children's therapy services
- Community nursing service
- Information Service
- Short breaks unit

How Do We Help Families?



Children are able to see appropriate specialists and therapists all in the same place.

We support the family's understanding of their child's condition and special needs.

Short Breaks Service

The Short Breaks service offers care to meet the needs of children and young people (aged 0 – 19 years) who have complex health and disability needs.

Day care is available for children and young people who meet the access criteria, and may be linked to the times when they are receiving therapy or a sensory session. Referral for day care can be via a health professional such as a paediatrician.

Up to 10 children and young people can be accommodated overnight. Referral to the overnight service is via a social worker, and then a Panel meets to decide how much care a child is entitled to receive. Parents are invited to this meeting.

In the Short Breaks Unit, a named nurse is assigned to each child. The nurse works closely with the family to ensure that the care provided will meet their child's needs and reflect that which the child receives at home.

Occasional outings are arranged and appropriate activities are provided within the Unit. A soft play area, sensory room and wheelchair accessible outside play areas are available for the children to enjoy.

CDC Clinics

There are a wide range of specialist paediatric clinics held in the child development centre including general neurodisability, cerebral palsy, complex health needs, orthopaedics, complex communication, combined genetics and combined neurology clinics.



Autism Spectrum Drop-In Mornings

This clinic offers opportunities for parents whose children are on the autism spectrum to talk to professionals from Health and Social Services and to meet other parents. There are also regular external speakers on relevant topics.

Families can visit the Information Service where they can borrow books and DVDs

The drop-in mornings take place every third Wednesday of the month between 10.00 and 12.30.

Down Syndrome Children's Clinic

This is a multidisciplinary clinic with doctors, specialist nurses, speech therapists and physiotherapists. Families can meet together and also visit the Information Service where they can borrow books and DVDs.

The clinic is held on the first Wednesday of every month from 9.00 to 12.00.

We may also suggest special support services, clubs or after school activities.

We provide information about support groups. We help families to develop an "All About me" file for their child to keep all the care plans, reports and information together.

Using the Early Support Programme and keyworking we provide a co-ordinated service to children with complex needs.

Referral to the CDC

- Babies who have or are at risk of having developmental problems from early life are usually referred to the CDC by their neonatologist.
- Children who show developmental problems later in life are usually referred by their GP or health visitor to the locality community paediatrician who may then refer to the CDC if more specialist support is needed.
- Children with long term neurological conditions may be referred by the paediatric neurologists or other hospital based paediatricians.
- Referrals can come from any member of the wider child development team.

Health professionals within the CDC



Paediatricians

Paediatricians provide investigations looking into the cause of children's developmental problems and disabilities and also provide treatment for associated medical problems such as epilepsy, constipation and disordered sleep. They work closely with other members of the child development team to help children to live as normal a life as possible.

Community Nurses

Community nurses support the child with a nursing need within the family environment, assessing the child's needs as necessary, and liaising with appropriate professionals and services within the community and hospital setting.

Specialist nurse care coordinator and Black and ethnic minorities worker

These roles work across agencies to co-ordinate services, to improve the care and support that both the child and their family receive at the initial stage of referral. They provide a single point of contact for families and practitioners alike, providing accurate and reliable information for the family, and all round emotional and practical support. They facilitate the Early Support Programme and keyworking.

Physiotherapists

Physiotherapists help and treat children with physical difficulties. They are trained to identify problem areas and increase potential movement. They achieve this by manual therapy, therapeutic exercises and use of specialist equipment.

Occupational Therapists

Occupational therapists assess and work with children to overcome the effects of disability and promote independent function in their daily life.

They see children individually or in small group sessions to work on goals set in conjunction with the child and family. The use of adapted or specialist equipment is essential to address a range of needs eg. seating.

Therapeutic Support Team

This team of nursery nurses support the clinical work of the therapists. They are involved in all aspects of delivering care packages and intervention under the guidance of the Therapists.

Speech and Language Therapists

The role of a speech and language therapist is to assess and treat speech, language and communication problems and to enable the patient to communicate to the best of their ability. They may also work with children who have problems eating and swallowing safely.

Specialist Paediatric CAMHS

Clinical psychologists use the CDC to see some children with disabilities and their parents, both as part of multidisciplinary assessments and to offer therapeutic interventions.

Dietitian

Dietitians work with children who have special dietary needs and they provide advice on nutrition for the family and other clinicians involved in the care of the child.

Children in Care and Adoption Health Team

A team of doctors, nurses and administration staff, addressing and co-ordinating the health services for children and young people in the care system.

Information Service

The information service provides an enquiry service and resources for families about disabling conditions, education, play and leisure activities, money matters, support groups, and many other issues. Books (for parents and children), leaflets and DVDs are available for loan. Contact details for a wide range of support services and access to disability websites is also available.