

Reading Families' Forum

*A voice for families of children and young people with
special educational needs and/or disabilities*

COFFEE EVENING 1st February 2024

At the Avenue School

Eleven parent carers attended a discussion with the Berkshire West Keyworking Service, the new Learning Disability CAMHS service and Berkshire Remap.

The Learning Disability (LD) CAMHS service started this week and will work with 5 – 17 year olds with a mental health difficulty such as anxiety and low mood and a moderate to severe learning disability. They know that communication can be an issue that causes behaviours that challenge and can support with this. (Please note that children with a mild learning disability will be seen by the ordinary CAMHS team.)

The LD CAMHS service is open to any young person with a learning disability who has a GP within Reading, West Berkshire or Wokingham. The team includes a psychiatrist, psychologist, behaviour specialist, learning disability nurses and an administrator. They will also offer consultations to school if school staff are worried about a child. (If a child isn't diagnosed with a learning disability, the team will liaise with paediatricians and the school to decide if they meet the team's criteria.)

Parents, schools and other professionals can refer online [CAMHS Learning Disability team \(Berkshire\) | Children Young People and Families Online Resource \(berkshirehealthcare.nhs.uk\)](https://www.berkshirehealthcare.nhs.uk/children-young-people-and-families-online-resource)

You can also contact the team direct to discuss the referral

Email: CAMHSLearningDisabilityTeam@berkshire.nhs.uk Phone: 01189 046660

Occupational therapy will help sensory needs such as finding noise, textures etc difficult. Find out more here [Occupational Therapy | Children Young People and Families Online Resource \(berkshirehealthcare.nhs.uk\)](https://www.berkshirehealthcare.nhs.uk/occupational-therapy) and look under West – Reading, Wokingham and West Berkshire.

2 members of the team will meet a child and then decide the best support with the family. Work will be based on the child's needs. Support may include work with the

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parents, social worker and/or school to ensure a consistent approach for the child. LD CAMHS will liaise with adult support services for children who are approaching 18 years.

The Keyworking or Dynamic Support Team work with young people 0- 25 years who are autistic and/or have a learning disability and a mental health difficulty. They might have anxiety, eating difficulties or behaviour difficulties and may visit the emergency department a lot. The team work with those that are at risk of being admitted to a mental health bed.

The team are aware that there can be lots of professionals involved and families can feel overwhelmed. If the young person is open to CAMHS, that team will stay involved but a keyworker will oversee all the appointments that the family has, coordinate all the professionals. This is to help come up with a plan that works for the young person and their family to avoid a young person needing to be admitted to a mental health bed.

The team has 4 Dynamic Support Workers to do this work who have social work and mental health backgrounds. They will also help young people transition to adult services if they are nearly 18.

Young people need to be registered with a GP in Reading, West Berkshire or Wokingham and be diagnosed as autistic and/or have a learning disability. They don't currently have capacity to see young people who are waiting for an autism assessment and have no learning disability. Most young people they have seen are 11+ and are autistic.

Parents can refer their child. Go to this webpage and click on how to access support. [Keyworking Team, Berkshire West | Children Young People and Families Online Resource \(berkshirehealthcare.nhs.uk\)](http://berkshirehealthcare.nhs.uk)

The team oversee the Dynamic Support Register (DSR). Young people who are on this register are at risk of being admitted to a mental health bed. Their case is colour coded: Red means immediate risk, amber means there is a risk without support and green means they are no longer at risk. Young people are reviewed every 6 weeks to decide if they still need to be on the register.

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Berkshire Remap is a charity that can design or modify equipment for disabled children and adults, where the equipment needed is not commercially available. The charity have volunteer engineers to help eg designing padding for someone with drop epilepsy, a supportive saddle, bespoke wheelchair ramps or an electronic grabber.

The equipment that is designed or modifications to existing equipment is free of charge. For example, a family will need to organise a wheelchair but any adaptations to it by Remap are free. Contact [Custom Disability Equipment & Aids Berkshire UK | REMAP](#)

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