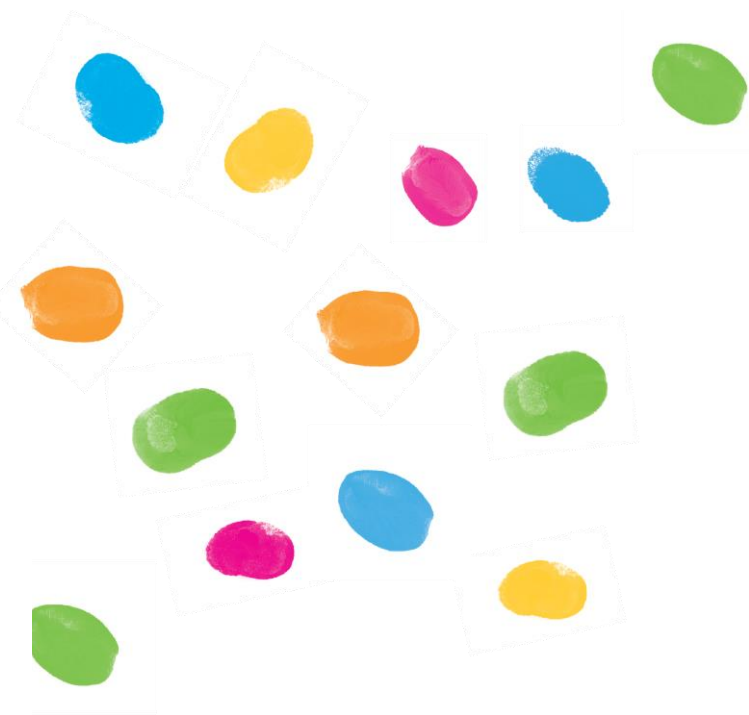


# Community physiotherapy team



## Who is the service for?

Our physiotherapy team give specialist assessment, advice and treatment for babies, children and young people (0-19 years old). We work across Lambeth and Southwark for patients who have difficulties with movement or physical development. Your child may have concerns with some or all of the following:

- **mobility, balance and coordination:** moving and changing freely between positions
- **gaining gross (trunk, legs and arm muscles) motor skills:** rolling, sitting, crawling, walking
- **posture and movement:** maintaining a sitting, lying or standing position
- **access to play, leisure and learning:** physical difficulties affecting family life, community play and leisure facilities, school curriculum and environment.

## Who can make a referral?

Referrals are accepted from health visitors, GPs and other health professionals. We also accept self-referrals from parents and young people who have used the service in the last 12 months.

## How do I refer?

Contact the therapy administration team for more information, **t:** 020 3049 8181, or find our referral form on our website.

## What happens next?

You will get a letter telling you the outcome of your referral. If your referral is accepted you will receive a letter with the date and time of your appointment. While you are waiting to see a physiotherapist, please tell us about any changes to your child's difficulties or personal circumstances.

## Where we work

Our main community sites are Mary Sheridan Centre (Lambeth), and Sunshine House (Southwark). We also visit nurseries, schools and homes, depending on your child's physiotherapy needs.

## What to expect when you see us

- Your first appointment might last up to one hour. A parent/carer is expected to be at the appointment with the child.
- We will assess your child. This will involve asking you questions about your child's strengths, difficulties and current concerns. We will carry out a specialist physiotherapy assessment to find out what physiotherapy your child needs. We will need to see your child move. For older children, please bring shorts for the assessment.
- After we have assessed your child, a therapy plan and goals will be discussed and agreed with you. This may include referrals to other services, with your consent.

- Sometimes, physiotherapy is not needed. In these cases we will explain the reasons, and you will be discharged from the service, or referred to another service.

## **How is physiotherapy given?**

- If your child needs ongoing therapy, the frequency and duration of treatment will be discussed in your child's appointment.
- The aim of treatment sessions is to teach you and your child to do specific activities to improve their ability to move and function. It is important that the programme is incorporated into your child's daily routine.
- The physiotherapist may need to work with other people involved in your child's care (for example, school staff) to make sure the child's needs are met in all environments.

## **What to do if you cannot come to your appointment**

Please contact the service as soon as possible.

If you miss your appointment, please contact us as soon as possible to rearrange it. If you do not contact us within two weeks your child may be discharged from our service and will need to be referred again.

## Being discharged

Plans for discharge will be discussed with you. A discharge summary will be sent to you, the referrer, and your child's GP.

You will receive information about how to contact us if your child needs therapy/advice in the future.

### Contact us

#### Lambeth

Physiotherapy Department  
Mary Sheridan Centre  
5 Dugard Way (off Renfrew Road)  
Kennington SE11 4TH

#### Southwark

Physiotherapy Department  
Sunshine House  
27 Peckham Road  
London SW5 8UH

**e:** [gst-tr.therapyadminteam@nhs.net](mailto:gst-tr.therapyadminteam@nhs.net)  
**t:** 020 3049 8181, **w:** [www.evelinalondon.nhs.uk/CommunityPhysiotherapy](http://www.evelinalondon.nhs.uk/CommunityPhysiotherapy)

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

## **Evelina London Medicines Helpline**

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

**t:** 020 7188 30 03, Monday to Friday, 10am-5pm, **e:** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

## **Your comments and concerns**

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)

**e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)

**e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## **Language and Accessible Support Services**

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815

**e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)



**Guy's and St Thomas'**  
NHS Foundation Trust

**Leaflet number: 5035/VER1**

Date published: August 2020

Review date: August 2023

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A list of sources is available on request