

For further information about this service contact:

**Paediatric Occupational Therapy Service**  
Redgrave Children & Young People's  
Centre  
Redgrave Gardens  
Luton  
LU3 3QN  
Telephone: 01582 708141  
Email: [ccs.beds.childrens.ot.redgrave@nhs.net](mailto:ccs.beds.childrens.ot.redgrave@nhs.net)



**Paediatric Occupational Therapy Service**  
Child Development Centre  
Hill Rise  
Kempston  
Bedford  
MK42 7EB  
Telephone: 01234 310278  
Email: [ccs.beds.childrens.ot.cdc@nhs.net](mailto:ccs.beds.childrens.ot.cdc@nhs.net)

We've produced a short video for Children and families explaining the Covid 19 changes when visiting sites. The video walks through a clinic visit and has been created from a child's point of view - watch here: <https://vimeo.com/456074930>

To access our website page, visit:  
[www.cambscommunityservices.nhs.uk/BedsandLutonOT](http://www.cambscommunityservices.nhs.uk/BedsandLutonOT)  
scan this QR code



**Parking**  
Disabled parking spaces are available near the entrance at both venues and there is ample other free parking.

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



# A guide for Parents and Carers

## Paediatric Occupational Therapy



### Who can be referred?

- Children and young people up to 18 years old or 19 for a child or young person with SEND if in fulltime education.
- Children and young people with a Luton or Bedfordshire GP.
- Children and young people who present with functional difficulties that are not in line with their overall developmental abilities (this includes academic attainment levels). With evidence that pre-advice strategies/interventions (on our website: [www.cambscommunityservices.nhs.uk/BedsandLutonOT](http://www.cambscommunityservices.nhs.uk/BedsandLutonOT)) have been followed in school and home

### Why are children referred?

For assessment, advice and treatment, to reduce the effects of difficulties and disabilities; and optimise a child/young person's functional skills such as:

- Independence in self care skills, e.g. using cutlery, dressing, toileting and washing.
- Use hands for play
- Co-ordination – skills in play and leisure activities
- Classroom seating at school where additional postural support is required
- Access to the school curriculum, ie: the ability to participate in lessons or move around the school, written recording and carrying out practical lessons

Dependent on where the child lives, therapy mainly takes place at either:

- Redgrave Children & Young People's Centre, Redgrave Gardens, Luton, or
- Child Development Centre, Hill Rise, Kempston

### The Paediatric Occupational Therapist (OT) will:

- Discuss with the child and their family, any difficulties they are experiencing with functional skills.
- Assess the child's current ability to carry out functional skills
- Set achievable goals with the child and family
- According to the child's needs, provide activity ideas to be carried out at home and nursery/school and/or provide direct treatment (individual or group); with the aim of promoting the child's independence and engagement in their activities of daily living
- Work closely with other professionals, such as physio's and speech and language therapists who also have input in the child's therapy programme.
- Discharge the child when it is appropriate after discussion with whoever has parental responsibility.

### Referrals and appointments

Referrals are accepted from a professional who knows the child well e.g., GP, paediatrician, physiotherapist, health visitor, school nurse or school SENDCo.

We are developing a range of Universal Resources on our webpage that can be accessed by anyone. These may be useful to the child, please visit our webpage at [www.cambscommunityservices.nhs.uk/BedsandLutonOT](http://www.cambscommunityservices.nhs.uk/BedsandLutonOT).

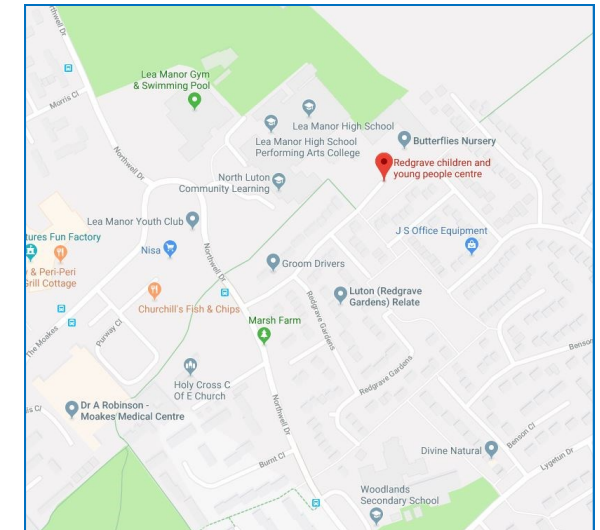
An initial appointment will be offered lasting up to 90 minutes to identify the needs of the child and family.

It may be appropriate to refer the child to another professional/service e.g. Physiotherapy or Wheelchair Services; following discussion and gaining consent from whoever has parental responsibility.

In view of the great demand on our services all parent/carers are asked to inform us as soon as possible if they cannot keep appointments so an alternative appointment can be made and the cancelled appointment can be offered to another child.

### Where are we based:

#### Redgrave Children & Young People's Centre



#### Child Development Centre, Hill Rise, Kempston

Directions:  
follow sign for Kempston Challenger Academy from the main road and CDC is at the end of Hill Rise to the right of Ridgeway School.

