

Newcastle Gateshead

CYPS

Information

and

Resources Booklet

Using this booklet.

This booklet has been designed to give you an overview of our service, as well as provide you with support and resources.

It has been designed so you can select the page relevant to the specific issue or concern you are having.

If you are using this booklet online, hover your mouse over the contents below, and hold the control key as you click. This will take you directly to the page.

Where there is underlined writing, control and click will take you directly to the website or to a specific chapter in this booklet.

Contents:

[Page 3: Service information.](#)

[Page 4: Contacting CYPS.](#)

[Page 5: Concerns relating to risk.](#)

[Page 6: Early Help and Social Care](#)

[Page 7: Neurodevelopmental specific resources.](#)

[Page 9: School issues.](#)

[Page 11: Sleep issues.](#)

[Page 12: Emotional dysregulation.](#)

[Page 13: What support can I access while I wait?](#)

Dear Parent/Carer/GP/Professional

As a family on our waiting list, or currently receiving treatment from Children and Young People's Service (CYPS), we are sending you this letter to keep in touch.

Newcastle Gateshead Childrens and Young People's Service

We are made up of three teams:

- Mental Health Team (MH Team)
- Neurodevelopmental Team (ND Team)
- Learning Disability/Positive Behaviour Support Team (LD Team)

Mental Health Team: This team provides specialist children and young people's mental health services. We require a young person to have had a first line intervention prior to a referral being made, for example counselling. The Mental Health Team within our service will work with young people who are experiencing moderate to severe mental health difficulties.

Whilst we work with clients in psychological distress, we are not a crisis service, and it may take time to allocate clients to a health professional.

Neurodevelopmental Team: The Neurodevelopmental Team is responsible for the Assessment Pathway for Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD). It is important to understand that following an ASD diagnosis, we are not commissioned to offer Post Diagnostic Support, but we can signpost you to services which may be able to offer this. Following an ADHD diagnosis, we offer post-diagnosis support within the ADHD Medications Clinic. Post diagnostic services, commissioned to provide any other work will be discussed with families following a diagnosis. We aim to assess young people as soon as possible; however, we are not able to expedite appointments. We are unable to offer direct support with any additional needs in this pathway.

Learning Disability Team: The Learning Disability Team requires a young person to have had a first line intervention prior to CYPS becoming involved (for example, input from specialist within school, paediatrics, or other charities). The team provide assessment and treatment with children and young people with an LD who are presenting with mental health difficulties and/or behaviour that challenges. The team also have an assessment pathway for ASD and ADHD.

[Return to Contents](#)

Contacting CYPS

Whilst you are waiting to be seen, it is important that you let us know if any of your contact details change or if the young person moves school. You can do this via email.

You can also update up on any changes to how the young person is presenting, particularly if the difficulties appear to be getting worse despite following the advice in this booklet.

We are always concerned when young people are:

- **Feeling persistently low in mood and/or hurting themselves**
- **Displaying behaviour that puts others at risk of harm such as physical aggression.**
- **At risk in the community due to anti-social behaviour or vulnerability to exploitation.**

If someone is in immediate danger the police should be called on 999.

If you are concerned about an increase or a change in risk, you can call our Duty Team and speak with a clinician. Duty calls are triaged, and the highest priority calls are responded to first so depending on the situation you may not be called back immediately or the same day, but you will be called back.

Schools, school nursing, and GPs are also useful sources of advice and can link you in with appropriate supports.

0800 652 2864

or email

NGCYPS@cntw.nhs.uk

[Return to Contents](#)

Concerns relating to risk:

Expressing Suicidal Thoughts or Self-harming

Many children and young people express suicidal thoughts or thoughts to self-harm. This can be a scary time for parents and carers. It can often be a way for the child or young person to express difficult feelings and is not always a true reflection of their thoughts. Please also see the sections on [Emotional Dysregulation](#) and [Support While You Wait](#) in this booklet.

If a child or young person is actively self-harming or trying to hurt themselves, please consider the following safety plan at home:

- **Have a book for the young person to write thoughts and feelings down. This can be explored together with a trusted adult. Also give them space to talk. Consider having regular family check in times to discuss everyone's thoughts and feelings and reflect on the day.**
- **Ensure the young person is around others, and they are not alone (Supervision)**
- **Consider meditation/relaxation/mindfulness/relaxing breathing.**
- **Lock away/secure sharps (razors, knives etc)**
- **Lock away/secure medication**
- **Speak with school and ensure they identify a trusted adult. This is important both at school and home.**
- **Offer distractions – Music, TV, Games**
- **Encourage engagement in positive activities.**
- **Encourage positive Talk - *I will get through this, I have done before. These are just thoughts and I do not need to act on these. My family love me and I do not want to hurt them. This feeling and these thoughts will pass.***

Samaritans: [Supporting someone with suicidal thoughts | Samaritans](#). Please visit this website for more information and a template to create a safety plan.

Every life matters: [Safety Planning - Every Life Matters \(every-life-matters.org.uk\)](#)
This website contains support, advice and safety plan templates for suicide and self-harm.

Papyrus: [Supporting-Your-Child-A-Guide-for-Parents.pdf \(papyrus-uk.org\)](#)

If these strategies are unsuccessful and the young person is in Mental Health Crisis contact Universal Crisis Team on 0800 652 2863 and/or Emergency Services if risk is present.

The Universal Crisis Team operates 24 hours a day, 7 days a week. However, does not provide an 'emergency' service such as a 999 response.

[Return to Contents](#)

Early Help:

Early Help services can be delivered to parents, children, or whole families. Their main focus is to improve outcomes for children. For example, services may help parents who are living in challenging circumstances to provide a safe and loving environment for their child. Or, if a child is displaying risk-taking behaviour, Early Help Practitioners might work with the child and their parents to find out the reasons for the child's behaviour and put strategies in place to help keep them safe.

If you live in Gateshead, please call 0191 4333319/ 0191 4335019 or visit –

[Early Help - advice and support for Gateshead families - Gateshead Council](#)

If you live in Newcastle, please call 0191 211 5805, or visit –

<https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/early-help-your-family>

Social Care:

Children's Services are responsible for supporting and protecting vulnerable children. This includes providing children and their families with extra help to support the family as a whole. The role of social care is in providing support during challenging times to improve outcomes for children and young people.

Gateshead Children's Social Care:

<https://www.gateshead.gov.uk/article/1820/Children-s-social-care>

Newcastle Children's Social Care:

<https://www.newcastle.gov.uk/services/care-and-support/children/keeping-children-safe/report-concern-about-child-or-young-person>

[Return to Contents](#)

Neurodevelopmental specific support:

Below is a list of organisations who can provide support and advice around common difficulties you and your child may be experiencing while you wait for a neurodevelopmental assessment.

Gateshead:

Gateshead Autism Hubs (provided by Daisy Chain Project) are available to anyone with an interest in autism - including family members of autistic people, professionals, practitioners, and individuals with autism whether they have a diagnosis or not.

[Gateshead Autism Hubs - Gateshead Council](#)

Newcastle:

Newcastle Autism Hubs offer workshops to support with common difficulties. You can also arrange a 1:1 appointment for more specific support.

[Autism Support Hubs: Newcastle | North East Autism Society \(ne-as.org.uk\)](#)

All areas:

The Toby Henderson Trust: An independently funded charity supporting children and young adults with autism, their families, and carers in the North East.

[The Toby Henderson Trust | Autism charity providing advice & support in Northumberland \(ttht.co.uk\)](#)

Daisy Chain Project:

[Daisy Chain | Autism & Neurodiversity \(daisychainproject.co.uk\)](#)

National Autistic Society:

<https://www.autism.org.uk>

The Autism Education Trust:

<https://www.autismeducationtrust.org.uk/the-den>

Ambitious about Autism:

<https://www.ambitiousaboutautism.org.uk>

The ADHD Foundation: Largest user-led ADHD charity in Europe.

[Home - ADHD Foundation : ADHD Foundation](#)

Cerebra: Support and advice to support children with a neurodevelopmental condition and/or learning disability. Includes access to a specialist Sleep Advice Service.

<https://cerebra.org.uk/>

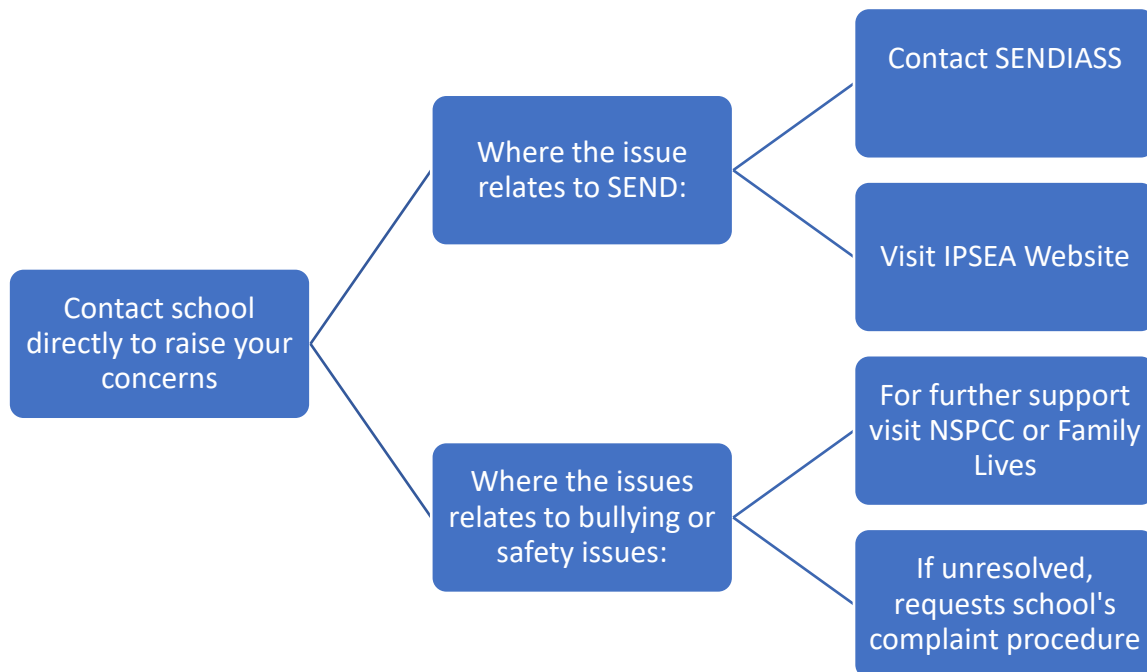
[Return to Contents](#)

School Issues:

A growing number of children face barriers to school attendance. This may be related to unmet needs, special educational needs, or anxiety. While your child is waiting to be seen in CYPS, we are unable to liaise with schools regarding any ongoing issues.

Schools do not need a child to have an official diagnosis before they can offer support.

If you are experiencing difficulties with your child's attendance, bullying or the level of support they should be receiving, we would recommend the following:



SENDIASS: SENDIASS provide free, independent, and confidential advice around supporting young people with additional needs to access appropriate educational support.

Newcastle - <https://www.newcastlesendiass.co.uk/>

Gateshead - <https://www.barnardosendiass.org.uk/gateshead-sendiass/>

Not Fine In School: <https://notfineinschool.co.uk/> Not Fine in School was created as a resource for the growing numbers of families with children experiencing school attendance barriers. These barriers often relate to unmet Special Educational Needs & Disabilities (diagnosed or suspected), physical or mental illness, bullying & assault, trauma, excessive academic pressure, overly strict behaviour policies, a missing sense of belonging, and an irrelevant curriculum.

Independent Provider of Special Education Advice (known as IPSEA): <https://www.ipsea.org.uk> IPSEA offer free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND).

Other resources:

Please visit the [Support While You Wait](#) section in this booklet for other charities such as NSPCC and Family Lives.

[Return to Contents](#)

Sleep Issues:

When a child or young person is having difficulties with sleep, this can affect the whole family, as well as having an impact on the child's mood, education, and health. We would recommend contacting your child's GP were there are sleep difficulties.

Please see the below resources.

Please note: We are unable accept referrals for sleep difficulties or sleep medication only. If sleep issues persist despite following the advice from the below agencies, please discuss this with your Care Coordinator once allocated.

CYPS Sleep Workshop: We currently offer a sleep webinar which covers:

What is Sleep?

- How to get a good night sleep
- What is a good bedroom environment?
- What a good bedtime routine looks like
- Neurodevelopmental differences and sleep (such as ASD or ADHD)
- Strategies and ideas on how to support your Young Person

There will also be opportunities during the Workshop for you to ask any questions that you may have.

If you are interested in this, please email NGCYPS@cntw.nhs.uk

Cerebra: <https://cerebra.org.uk/> Support and advice to support children with a neurodevelopmental condition and/or learning disability. Includes access to specialist Sleep Advice Service.

Sleep Scotland: [Home - Sleep Scotland](#)

The Sleep Charity: <https://thesleepcharity.org.uk/>

[Return to Contents](#)

Emotional Dysregulation:

Many children and young people experience emotional dysregulation. This is the inability to control and regulate emotional responses.

Children can become dysregulated for a number of reasons, such as school issues, bullying, life stages (hormones), neurodevelopmental conditions.

When dysregulated, your child or young person may physically hurt themselves or others - nipping, scratching, pulling hair, low level violence, they may use negative self-talk or talk about not wanting to be here. Emotional dysregulation does not always mean your child is self-harming or feeling suicidal, it can often be the only way your child can display or verbalise their frustration.

If your child is dysregulated and they are using negative self-talk, once they are calm, discuss this with your child in a non-judgemental manner to find out if they said these things because they mean it, or because they were angry/upset/frustrated.

Please visit [Support While You Wait](#) section of this booklet for more resources to support with emotional dysregulation,

Support while you wait:

Waiting for assessment or support from your child/young person, can be a difficult, lonely, and frightening time. Please see the below resources which you can access while you wait:

The Mix: <https://www.themix.org.uk> Support and resources for young people under 25.

Categories of support: *Sex and relationships, physical health and keeping healthy, Mental Health, Drink and Drugs, Housing, Money, Work and Study, Crime and Safety, Bullying, Emotions*

Young Minds: <https://youngminds.org.uk> Lots of resources and support for young people and parents.

Categories of support: *Mental Health, Money Worries*

Kooth: <https://www.kooth.com> Free online emotional support for young people.

Categories of support: *Mental health and wellbeing, Emotions*

SHOUT: <https://giveusashout.org/> A supportive text service for young people. Text **SHOUT** to 85258

Categories of support: *Abuse, Anxiety and Stress, Bullying, Physical Health, Mental Health, Grief, Self-Harm and Suicide, Sleep*

Rollercoaster: <https://www.rollercoasterfamilysupport.co.uk/>

Rollercoaster is a parent-led, professionally supported service, passionate about offering support and promoting the role of families in children and young people's mental health.

Categories of support: *Mental health and wellbeing*

RISE Mental Health support: www.rise.childrenssociety.org.uk Resources and information for parents and young people.

Categories of support: *Mental health and wellbeing, Self-Care, Mood, Friendships, Emotions, Sleep*

Childline: www.childline.org.uk Free and confidential help for young people in the UK.

Categories of support: *Bullying, Sex & Relationships, Abuse, Feelings, Home & Families, School*

The Local Offer: The Local Offer is all of the information, advice and support that children and young people with Special Educational Needs or Disabilities (SEND) and their families might need to use.

You can find the Local Offer for your area by visiting your Local Authority Website:

Newcastle: [What is the Local Offer? \(newcastlesupportdirectory.org.uk\)](http://newcastlesupportdirectory.org.uk)

Gateshead: [Gateshead Local Offer SEND 0 to 25 Years - Gateshead Local Offer SEND 0 to 25 years \(gateshead-localoffer.org\)](http://gateshead-localoffer.org)

Positive Behavioural Support: www.pbsnec.co.uk

Categories of support: *Emotions, Mental health and wellbeing, Online safety, Behaviour which challenges*

Family Lives: [Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](#) Provides early intervention and crisis support to families.

Categories of support: *Mental health and wellbeing, Emotions, Boundaries and discipline, Family relationships*

NSPCC: [NSPCC | The UK children's charity | NSPCC](#) Advise and support on keeping children safe.

Categories of support: *Mental health and wellbeing, Online Safety, Sex and Relationships, Drugs and Alcohol*

Zones: [Resources | The Zones of Regulation](#) Zones of Regulation is an approach used to support the development of self-regulation in children. All the different ways children feel and the states of alertness they experience are categorised into four coloured zones. Children who are well regulated are able to be in the appropriate zone at the appropriate time.

Categories of support: *Emotion regulation*

5 point scales: [Downloadables - THE INCREDIBLE 5-POINT SCALE](#)

[\(5pointscale.com\)](#) The Incredible 5-Point Scale is a behavioural support that breaks down behaviours and social interactions into clear, visual, and tangible pieces so that individuals can learn appropriate ways to respond and interact in difficult situations. A scale can be created using colours, pictures, or a rating system of 1 to 5.

Categories of support: Emotion regulation

ELSA - [Free Resources Archives - Elsa Support \(elsa-support.co.uk\)](#) Elsa provides emotional literacy support resources. There are lots of free resources available on a wide range of topics.

Categories of support: Emotion regulation, Worries and anxiety, Sleep tips, Mental health and wellbeing

[Return to Contents](#)