



Happier | Healthier | Hopeful

# Children's Speech and Language Therapy

## Helping children to communicate

**We work as part of an integrated team with parents and carers, school and nursery staff to help children and young people develop the best possible communication skills. For most young people this will be spoken communication. For others it might be learning to use a communication aid or signs, symbols or gestures.**

### What are speech, language and communication needs?

Speech, language and communication needs include:

- problems making speech sounds
- understanding language
- putting words together
- stammering
- voice (such as persistent hoarseness)
- social communication skills
- feeding/swallowing

Sometimes these difficulties occur alongside other problems such as learning difficulties, but this is not always the case.

### What can we offer?

We will assess the child or young person's communication skills to determine how best we can support any difficulties. This may be:

- direct treatment for a specific condition
- coaching advice for parents to practise treatment at home
- a support assistant to deliver a programme in school.

We offer training sessions to help people understand specific communication difficulties. We give ideas and strategies to help a child reach their full potential.

### Other ways of communicating

When the more usual methods of speech and writing are impaired, we consider Augmentative and Alternative Communication (AAC). AAC includes unaided systems such as signing and gesture, as well as aided techniques ranging from picture charts to the most sophisticated computer technology currently available. AAC can be a way to help someone understand, as well as a means of expression.



AAC may include a voice output communication aid such as that used by Professor Stephen Hawking. Or it may be a communication board or book, which may include symbols and/or be text-based. AAC is not used by people whose only impairment is in relation to their hearing.

We will work with you and your child to set personal goals. When we have done all we can to help, we will discuss what you can do to continue to help your child and we will make sure that you know how to get back in touch with us if you need to.

## Contact us

We are happy to discuss whether a referral would be appropriate. Please contact the office base nearest you:

### Carlisle and Eden

Springboard Child Development Centre  
Orton Road  
Carlisle CA2 7HE  
01228 608117

### South Lakes

Blackhall Unit  
Westmorland General Hospital  
Kendal LA9 7RG  
01539 715226

### Barrow

The Children's Therapy Department  
Child Development Centre  
Furness General Hospital  
Dalton Lane  
Barrow-in-Furness LA14 4LF  
01229 402700 / 491320

### Allerdale and Copeland

Workington Community Hospital  
Park Lane  
Workington CA14 1RW  
01900 705080

## Confidentiality

**'The Trust's vision is to keep your information safe in our hands.'**

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email [Information.Governance@cumbria.nhs.uk](mailto:Information.Governance@cumbria.nhs.uk)

## Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: [PET@cumbria.nhs.uk](mailto:PET@cumbria.nhs.uk) Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**  
E: [communications.helpdesk@cumbria.nhs.uk](mailto:communications.helpdesk@cumbria.nhs.uk)

Or write to Engagement and Communications  
Voreda House | Portland Place | Penrith | CA11 7QQ



Happier | Healthier | Hopeful