

# Community Learning Disability Team



## Community Learning Disability Team (CLDT)

**2gether**  
Making life better

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NHS Foundation Trust **NHS**



# This leaflet is about the Community Learning Disability Team (CLDT)



The CLDT will help if you have a learning disability and health need.



The CLDT can help you with your physical and mental health.

## What we do



We can help you to make choices.



We can help you to live safely.



We can help you to do things for yourself.



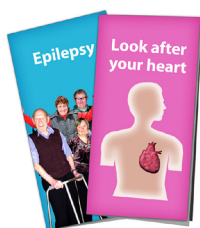
We can help you to be healthy.

## These people work in the Community Learning Disability Team (CLDT)



### Nurse

They can help you to be healthy and safe.



They can help you with physical and mental health problems.



They can help the people who support you.



### Occupational Therapist (OT)

They can help you learn ways to care for yourself.



They can help find things you like to do. For example hobbies and work.



They can help with equipment.

# These people work in the Community Learning Disability Team (CLDT)

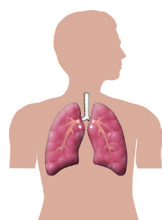


## Physiotherapist (Physio)

They can help you to keep your body moving.



They can help you to be comfortable when sitting and lying.



They can help with your breathing.



## Speech Therapist (SLT)

They can help you get your message across.



They can help people to talk with you and understand you.



They can help you to eat and drink safely.

## These people work in the Community Learning Disability Team (CLDT)



### Psychologist

They can help you to feel well and happy.



They can help you change how you do things.

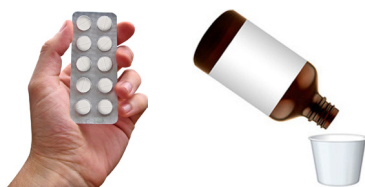


They can help the people who support you.



### Psychiatrist (doctor)

They can help you with your mental health or epilepsy.



They can help with your medication.



They can help you to stay well.



# We work with other people who can help you



We can work with your family

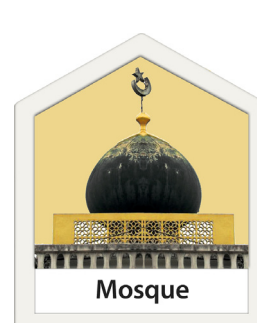


We can work with your GP and the hospital.



We can work with your social worker and support workers.

## We can work with other people who help you



# This is the address of your Community Learning Disability Team (CLDT)



This is the phone number of your CLDT



The office opens at 9am



The office closes at 5pm

Thank you to the 2gether NHS Foundation Trust  
4 Me About Me Group for their help in producing this leaflet

