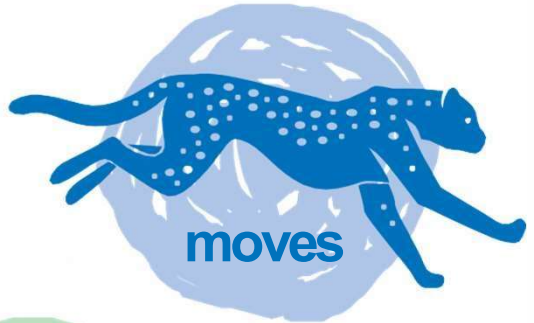


# Hillingdon Children's Integrated Therapy Service (CITS)

Information for parents and carers





# Welcome to the Hillingdon Children's Integrated Therapy Service (CITS).

We are a team of specialist Speech and Language Therapists, Physiotherapists, Occupational Therapists, technicians and administrators, who deliver a community service for children and young people aged 0 to 19.

We work together with children and young people, their families and settings by offering assessment, training and advice. We work in partnership with all professionals that might be involved in the child's care.

CITS work across a variety of locations including mainstream schools, children's centres and nurseries across Hillingdon, NHS clinics and the Child Development Centre (CDC).

## Follow us on social media

 /HillingdonTalksMovesPlays

 @hillingdontalksmovesplays

 @TalksMovesPlays



# How we help



## talks

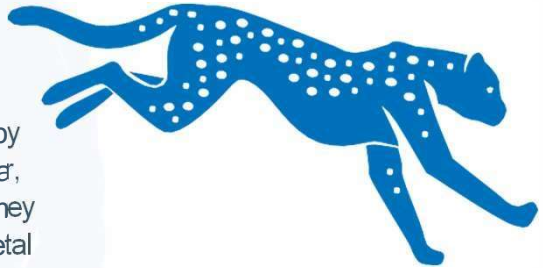
### Speech and language therapists

Work with children and young people who have speech, language and communication needs or eating, drinking and swallowing difficulties (dysphagia).

## moves

### Physiotherapists

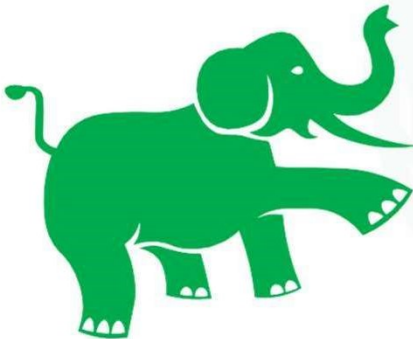
Help with movement and mobility difficulties caused by neurological, neuromuscular, or orthopaedic conditions. They also work with musculoskeletal difficulties (for children under the age of five only).



## plays

### Occupational therapists

Work with children and young people to enable them to participate in everyday activities such as self-care or play to improve health, independence and wellbeing.



## Advice

If you are concerned about the development of a child or young person, or you have a query about how to make a referral, you can call the advice line on **01895 488 200**.

The advice line is open between 9am to 5pm, Monday to Friday.

### You can also:

- Speak to your health visitor
- Speak to your local children's centre
- Speak to your school's Special Educational Needs Coordinator (SENCO).

## Referral

CITS operates an open referral system, which means anyone can refer a child or young person to any of the therapy services.

### Steps before you refer:

- We recommend parents, carers and professionals contact the advice line to speak with a therapist for advice and to decide whether a referral is needed.
- We recommend schools and education professionals contact the Link Therapist to help decide next steps. Every mainstream school has a Link Therapist from each speciality (Hillingdon Talks, Hillingdon Moves and Hillingdon Plays).

The referral form can be found on our website:

[www.cnwl.nhs.uk/children-integrated-therapy-service](http://www.cnwl.nhs.uk/children-integrated-therapy-service)

Sometimes a child may require input from more than one therapy service. The referral form can be used to refer to one or more of the therapy services. The referral will be discussed by the multi-disciplinary therapy team to decide on the next steps to meet the child's needs. An initial appointment will be offered within six weeks of the service receiving the referral.

Please email completed forms to:

[citsreferrals.cnwl@nhs.net](mailto:citsreferrals.cnwl@nhs.net)

You can also post the form to:

Children Integrated Therapy Service,  
Beaufort House, 3rd floor, Cricket  
Field Road, Uxbridge UB8 1QG.

## Drop-in sessions

CITS run drop-in sessions for parents, carers, professionals and school staff for advice on how to best support children and young people. No referral is needed to access a drop-in session.

Please contact the advice line on:

**01895 488 200**

Or visit our website:

[www.cnwl.nhs.uk/children-integrated-therapy-service](http://www.cnwl.nhs.uk/children-integrated-therapy-service)

## Training

CITStrun regular training sessions for parents, professionals and settings, with audio recordings and slides available on our website.

## Advice sheets and videos

Multi-therapy advice sheets have been developed by our specialist therapists to provide patients, schools and settings with ideas to support children. There is also a range of universal and targeted resources curated by the therapy team.

All information can be found on our website:

[www.cnwl.nhs.uk/children-integrated-therapy-service](http://www.cnwl.nhs.uk/children-integrated-therapy-service)

## talks



## moves



## plays



## Contact us

 01895 488 200

Lines are open Monday to Friday (excluding bank holidays) 9am to 5pm.

 [citsadmin.cnwl@nhs.net](mailto:citsadmin.cnwl@nhs.net)

For more information, visit:

<https://www.cnwl.nhs.uk/children-integrated-therapy-service>



This document is also available in other languages, large print, Braille, and audio format upon request. Please email [communications.cnlw@nhs.net](mailto:communications.cnlw@nhs.net)

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

## Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است

## Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

## Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

## Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

## Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

## Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

## Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

## Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

## Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

## Turkish