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**Themes:** Learning Disabilities, Physical Disabilities

**Aimed at:** All People

Community Learning Disability Nursing Team (CLDTs)

We are a group of Specialist Learning Disability Nurses based in the Community Learning Disability Teams (CLDT's)

Our service is for adults (over 18) with a diagnosis of an intellectual (learning) disability. We work closely with other health professionals.

Community nurses can help with:

emotional and behavioural needs

understanding your own physical health needs

Communication

Dementia

Sexual health needs

getting the right help you need from all health services

Mindfulness

We will talk to you about the help you need and how we can support you. This may include:

working with your family and support staff  
giving you advice  
working with Adult Services and other agencies  
Working with other health professionals e.g. doctor, hospital, dentist etc

We can give you advice about physical and mental health conditions. We can assess your health needs. We might work with you as an individual, or in a group. We also work with staff so that they can meet your needs. We may go to meetings to talk about how to help you to stay healthy.

All of our sites have disabled access. Limited car parking is available for visitors.

We have produced a video called Making Sense of Adult ADHD to help carers and families after diagnosis.

**Area:** Bassetlaw

### **Contact Details**

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