

Cambian specialist day services : Sheffield and Long Eaton Placement information

What do we do?

Our day services provide positive experience for men and women with learning disabilities. The facility utilises state of the art equipment designed to optimise sensory experience and heighten relaxation. There is a spacious sensory room, cinema, soft zone and arts and crafts area. A generously proportioned hydrotherapy room is used as part of individualised programmes which are designed to maximise physical benefits. Many of our service users have profound and multiple learning difficulties (PMLD) which means they have more than one disability seriously affecting their functioning and quality of life. Our service users are vulnerable and complex and the focus is to maintain quality of life and prevent deterioration rather than rehabilitation. This may be different from other placements that you have experienced.

More information can be found on the website links below:

<http://www.cambiagroup.com/ourservices/service/home.aspx?Id=103&s=9>

<http://www.cambiagroup.com/ourservices/service/home.aspx?Id=104&s=9>

Where are we?

Sheffield specialist day service, Spa Lane, Woodhouse, Sheffield, S13 7PG

There is a free car park onsite. The nearest train station is Woodhouse (approx 15- 20minutes walk away)

Bus number 25, 52, 24 all come to woodhouse from town centre

Long Eaton specialist day service, Milton Street, Long Eaton, NG10 1DS

There is on street parking. The nearest train station is long Eaton (approx 20 minute walk) It may be possible for you to share a lift with the physiotherapist from Sheffield but this can be discussed on your first day.

The team

Our physiotherapy department is very small! There is one Physiotherapist – Caroline Hickson who works across both sites (3 days Sheffield and 2 days Long Eaton) and a physiotherapy assistant who is based at Long Eaton full time. We also work closely with occupational therapists, speech and language therapists, support staff and activities co-ordinators. We are a close knit team and it is a very supportive environment.

Contact telephone number 0114 2691177 Email: Caroline.hickson@cambiagroup.com

Please call or email prior to your placement to ask any questions / check start times etc for your first day.

If you would like to pop in for a informal visit prior to your placement then that is welcome. Please phone Caroline in advance to arrange this.

Useful information

Uniform : We do not have a uniform in our service but please adopt a smart casual approach. No jeans, leggings or ugg style boots etc. You may wear a polo shirt and jogging bottoms if your wish. Please adhere to usual infection control guidelines – bare below the elbows when providing hands on therapy, long hair tied back etc. Please do not wear any overpowering perfume or aftershave as many of our service users have epilepsy and/or sensory processing difficulties.

Time of work: We work 9am – 5pm Monday to Friday, there may be flexibility if required please discuss with your clinical supervisor. When we are required at Long Eaton we aim to work 8am- 4pm to allow for travel. Please discuss any study leave or annual leave requirements with your clinical supervisor.

Lunch: Lunch is available sometimes however we cannot rely on this so it is worth bringing a backup just in case. We have coffee, tea and water making facilities on site and shops within the local vicinity.

Smoking: Smoking is only permitted in the designated smoking areas

Hydrotherapy – you will be spending time in the hydrotherapy pool (unless you are unable due to medical reasons) so please bring your swimming costumes!

Communication – Many of our service users are non verbal and some present with challenging behaviour, please be aware that you may need to adopt alternative communication methods including body language/ facial expressions etc on this placement,

Notes: We do not have electronic notes although we complete some work on the computer. Smart cards are not required but if you have a card sized photo ID please bring this with you. Please ensure you bring a black pen as they are like gold dust ☺

Pre – reading ideas : Please do not worry too much about this, it is useful to have a basic knowledge of these but I do not expect you to be an expert. Mencap is a good website and the ACCPLD network on the CSP website. Search terms may include: intellectual disability, PMLD, Learning disabilities. There is limited evidence for adults with PMLD so it may be appropriate to look at paediatric articles, however please be aware that we do not work with children, we cater for young adults upwards.

- Tone – normal and abnormal
- Posture and positioning in PMLD (simple stuff works is a good resource for this)
- Hydrotherapy – basic understanding of the effects on the human body, benefits
- Awareness of cerebral palsy, epilepsy, Basic respiratory – we occasionally provide basic respiratory care to our clients so a basic understanding of auscultation, normal values and chest techniques is beneficial.
- Intensive interaction (more speech and language but may be of interest)
- Sensory integration, Sensory attachment intervention (more OT but may be of interest)

