**Seaside View Child Development Centre**

**Paediatric Chronic Fatigue Syndrome Service for Brighton and Hove**



Our service provides assessments, intervention programmes, advice and support to children and young people with CFS/ME and their families living in Brighton and Hove



**The information you give us is kept confidential to the service and may be shared between the team members and other staff to help plan the best care for your child. All information we share is on a “need to know” basis and everyone will act professionally with the information you give us. We will use some of the information for monitoring purposes to make sure we are offering the right service to meet local needs. In special circumstances we may need to share information with other professionals: for example, to keep a child safe and protected from harm.**

What we do

We offer a service to children and young people up to the age of 16, living in Brighton and Hove.

We work closely with medical, education and support services in the local area to provide comprehensive and integrated intervention programmes.

Appointments will usually be at Seaside View. However, if you are housebound we will visit you in your own home.

**THE CFS/ME TEAM**

Dr Victoria Thornton

Clinical Psychologist

Julia Krikman

Senior Occupational Therapist

Chris Wybrow

Team Administrator

Children and young people with CFS/ME feel tired most of the time. They may also feel exhausted after physical activities or mental exertion that they were previously able to do without any difficulty.

CFS/ME can also involve other symptoms including sleep difficulties, muscle or joint pain, headaches or problems with memory and concentration. It is common for children and young people with CFS/ME to feel sad or anxious.

We are here to help. Establishing healthy routines of sleep, activity and relaxation is helpful. Continuing to engage with schoolwork and friends is also important. All of these things need careful planning and support.

Intervention Programmes

We will discuss and design with you an individual intervention programme to address the issues you have told us about.

Your programme may include further appointments with one or more members of our team, attending a group, maintaining telephone contact, working jointly with other professionals who are supporting you, or linking you with the local support group.

Some people will only require a few appointments with us. Others will benefit from more. We will discuss the options with you when we see you.

Assessment

Before coming to our service you will have met with a Paediatrician at the Royal Alexandra Children’s Hospital who has diagnosed your symptoms as CFS/ME. Our role is to assess the difficulties you are experiencing and to create an individually tailored intervention plan to help you to manage and to overcome these difficulties.

Your assessment will be carried out with a Clinical Psychologist and an Occupational Therapist. We will ask you and your family members to tell us about your current difficulties, how they affect your life and how you would like things to change.

Based on the information you tell us, we will then suggest an intervention programme. We will write everything down in a letter and send it to you after your appointment(s).

Training professionals and co-ordinating your care

We offer training and consultation to other professionals whom you may come into contact with, such as teachers, home educators, school nurses and youth workers. This can help these professionals to understand CFS/ME and what they can do to help you.

***We can help you to understand the information in this leaflet in other languages and provide it in other formats, including Braille, large print and audio. Please ask us if you need this.***

How to contact us

If you have any questions or you would like to speak to a member of the team, you can ring us on 01273 265750 (Wednesday only)

or email us at [cfs-children-brighton@nhs.net](mailto:cfs-children-brighton@nhs.net)

***Please note, we are only together as a team once a week, on a Wednesday so it might take a few days for us to return your call or email.***

How to get to us:



You will find us at Seaside View Child Development Centre at Brighton General Hospital, Elm Grove, Brighton, BN2 3EW.

You can reach Seaside View either through the main hospital driveway on Elm Grove and follow the signs up the hill, or through the entrance on Pankhurst Avenue.

You can find a more detailed map and directions to the hospital on the web at:

<http://www.bsuh.nhs.uk/hospitals/our-hospitals/brighton-general-hospital/>

Local buses that stop near to the hospital include the 2, 2A, 21, 22, 37, 37B, 84.

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CFS-ME Info leaflet for families V10 March 2012