

What is Paediatric Clinical Psychology?

Our service works with young people who have Sickle Cell Disease and Thalassaemia and may be experiencing difficulties or distress related to their physical health condition. We work together with young people aged from 0 to 19 years and their families. Young people over 16 years can consent to their own treatment and may be seen alone, should they wish.

What is a Clinical Psychologist?

We have been trained to understand how young people think, feel and behave. We aim to help with difficulties such as:

- Understanding, coping and growing up with Sickle Cell Disease or Thalassaemia
- Adjusting to taking and receiving medication
- Coping with and managing pain
- Dealing with feelings in relation to living with Sickle Cell Disease or Thalassaemia e.g. worries, anger or sadness

For some conditions it is important to have regular developmental assessments. A range of assessments are used to measure memory and learning, language and concentration and academic ability. These assessments tell us about your/your child's strengths and weaknesses and how these may effect everyday life and school. We can work together to make changes and support you or your child if there are any problems.

What will happen at my first appointment?

Details of where your appointment will be are included in your appointment letter. When you arrive for your appointment the Clinical Psychologist will meet you and show you to a room. Generally we will talk to the family together at first, although we may also ask to speak to people separately.

For children under 10 years in this initial appointment it would be really helpful if at least two adults could attend.

The first appointment may last up to an hour and a half and may involve completing questionnaires. There will be no physical examination and we do not prescribe medication, although with your permission we may refer you to someone who does. We may also ask permission to speak with other relevant people such as school teachers.

Information discussed during appointments will be kept confidential within certain limits, which will be explained in the appointment. Please contact us on the phone number below to let us know if:

- You are unable to attend the appointment
- You will need disabled access
- You will need an interpreter
- You have any questions or concerns

What might happen next?

The aim of the first appointment is for us to get a good understanding of the present difficulties. We will then decide together what to do next:

- You might decide that you do not need to see us again
- You might prefer help from a different service
- We might identify some goals for working together and arrange to meet for further appointments

Further appointments might involve the Clinical Psychologist working with the child or young person on their own, or sessions just with parents or sometimes families together. With permission, we may also work together with other people such as the doctors and nurses.

Paediatric Clinical Psychology Phone Number: 0116 295 2959



Today's research is tomorrow's care

We all benefit from research. Leicester's Hospitals is a research active Trust so you may find that research is happening when you visit the hospital or your clinic.

If you are interested in finding out how you can become involved in a clinical trial or to find out more about taking part in research, please speak to your clinician or GP.

If you would like this information in another language or format, please contact the service equality manager on 0116 250 2959

Si vous souhaitez recevoir ces informations dans une autre langue ou un autre format, veuillez contacter le responsable du service égalité au 0116 250 2959

إذا كنت ترغب في الحصول على هذه المعلومات في شكل أو لغة أخرى، يرجى الاتصال مع مدير الخدمة للمساواة في 0116 250 2959.

আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অডিও টেপ'এ চান, তাহলে অনুগ্রহ করে সার্ভিস ইকুয়ালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 250 2959 নাম্বারে যোগাযোগ করুন।

如果您想用另一种语言或格式来显示本资讯，请致电 0116 250 2959 联系“服务平等化经理” (Service Equality Manager)。

જો તમને આ પત્રકનું લેખિત અથવા ટેપ ઉપર ભાષાંતર જોઈતું હોય તો મહેરબાની કરી સર્વિસ ઈક્વાલિટી મેનેજરનો 0116 250 2959 ઉપર સંપર્ક કરો.

यदि आप को इस लीफलेट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डेव बेकर, सर्विस ईक्वालिटी मैनेजर से 0116 250 2959 पर सम्पर्क कीजिए।

Jeżeli chcieliby Państwo otrzymać niniejsze informacje w tłumaczeniu na inny język lub w innej formie, prosimy skontaktować się z Menedżerem ds. równości w dostępie do usług (Service Equality Manager) pod numerem telefonu 0116 250 2959.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਸੀਕਿਓਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਜੀਤਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਸਿਰਫਾ ਕਰਕੇ ਡੇਵ ਬੇਕਰ, ਸਰਵਿਸ ਇਕੁਅਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116 250 2959 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xiriir, Maamulaha Adeegga Sinaanta 0116 250 2959.

Leaflet Produced: January 2016 Next Review: January 2018
(Samrai) Clinical Psychology - CHI054-0116

The Paediatric Clinical Psychology Service for Haemoglobinopathy

Paediatric Clinical Psychology

Information for Parents, Carers and Young People



Department of Paediatric Psychology

Artemis House, c/o Westcotes House

Westcotes Drive, Leicester, LE3 0QU

Telephone: 0116 295 2959



University Hospitals of Leicester

NHS Trust



Caring at its best