Your suggestions and comments about the East Learning Disability Team are welcomed.

Please contact:

Team Leader
East Community Learning Disability Team
North West Kilmarnock Area Centre
Western Road
Kilmarnock, KA3 1NQ
01563 578567

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You might want to discuss this leaflet with the person you support, to help them understand it better.

Learning Disability Service

The Community Learning Disability Teams

who we are and what we do

All our publications are available in other formats
Community Learning Disability Teams are made up of people who can find out about your health needs.

They can help you to feel good.

They will help anyone who has a learning disability.

You can ask for help from the team yourself.

Someone who knows you well can ask us to help you. This might be:

- Your doctor.
- Your social worker.
- Your teacher.

Our offices open at 9am in the morning.

Our offices close at 5pm in the evening.

If our office is closed, you can leave a telephone message for us.

We will call you back when the office is open.
How the Community Learning Disability Team will help you:

We will send you a letter.

This letter will tell you who your health worker will be and when they will see you.

Your health worker will listen and work with you to decide the best way they can help.

If they cannot help you, they will try to find someone who can.

The East Community Learning Disability Team has two bases:

North West Kilmarnock Area Centre
Western Road
Kilmarnock, KA3 1NQ
01563 578 567

Rothesay House
1 Greenholm Road
Cumnock
KA18 1LH
01290 428389
People in the Community Learning Disability Teams can help you in different ways.

**Music therapists** help you express yourself through music.

**Art therapists** help you express yourself through art.

**Community nurses** help you keep well and healthy.

**Psychologists** help change how you think, feel and behave.

**Occupational therapists** help you to be confident in everyday tasks.

**Physiotherapists** help you to keep your body moving.

**Speech and language therapists** help you to get your message across.

**Psychiatrists** help you keep well and stay calm.

We can also get other people to help you, like social workers and dieticians.