

Confidentiality:

The information you share with a psychologist is confidential. The exception to this would be if we felt someone is at risk then we have a duty to share this with the relevant professionals. If it was felt to be useful, we would ask for your consent to share any information about our contacts with those working with the child/young person.

How to contact us

Community Paediatric Psychology
Rainbow House
Ayrshire Central Hospital
Kilwinning Road
Irvine
KA12 8SS

Telephone number:

01294 323008 or 01294 323072

Email:

aa-uhb.Clinical-rainbowhouse@nhs.net

If no-one is available to take your call, please leave a message on the answer phone.

We look forward to meeting you and your family in the near future.

All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉरमेट (आरूप) में भी उपलब्ध हैं।

Wszystkie nasze publikacje są dostępne w różnych językach, dużym drukiem, brajlem (tylko w wersji angielskiej), na taśmie dźwiękowej lub w innym formacie Twojego wyboru.

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Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claidstinn no riochd eile a tha sibh airson a thaghadh.

ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਗੈਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।

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كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعية الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.




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Community Paediatric Psychology Service


Information for parents and carers



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 All our publications are available in other formats



What is the Community Paediatric Psychology Service?

We see children and young people when there are concerns around their development or if they already have a diagnosis of a developmental condition (such as autism or a learning disability).

Clinical Psychologists focus on behaviour, emotions and development. Children or young people with developmental conditions can experience some challenges in managing their emotions and behaviour. Our service aims to help families to understand and manage these difficulties.

What we can do:

- We can assess developmental conditions (such as autism or a learning disability).
- We can complete neuropsychological assessments which can help others understand a child or young person's strengths and difficulties.
- We can support a parent/carer's understanding of specific behaviours.
- We can share ideas to try to reduce the occurrence of specific behaviours.
- We can share ideas to try to reduce a young person's experience of anxiety or low mood.

What we cannot do:

- Clinical Psychologists are not able to prescribe or make recommendations about medication.
- Our service does not assess specific learning difficulties such as dyslexia and dyscalculia.
- If your child's difficulties only present within school, it would be best to discuss these concerns with education staff.

What happens next?

We will post out an "opt in letter" when you reach the top of our waiting list.

You need to phone Rainbow House when you receive this letter to let us know that you would like an assessment appointment.

If you would like an appointment you will be asked to complete a questionnaire before the first appointment to help us understand the challenges you and your child may be experiencing.

At your first appointment we may see you and your child together or individually. The first time we meet with you we will talk to you about your child's development, school, daily activities, mood and things that are going well, to get a clearer picture of how things have been.

We will use this information to decide if further appointments will be useful, and then discuss with you how we can work together to help. We may also ask you or your child to complete some diaries, tests or questionnaires to give us some extra information.

Follow up appointments are arranged as appropriate. We will discuss how your child is progressing. We are likely to suggest different approaches or tasks that we will ask you or your child to carry out between sessions. This is an important part of supporting your child.

Where you can find us:

The Community Paediatric Psychology Service is based at Rainbow House in Irvine but covers the whole of Ayrshire and Arran.

We have clinics in Kilmarnock, Ayr, and Largs. If necessary, we can arrange to visit some families at home.