

What do I need to bring with me?

- Any letters from other medical or health professionals
- Your baby's Red Book
- List of any medications

Further information

Barnet Children's Integrated Therapies
3rd Floor
Westgate House
Edgware Community Hospital
Burnt Oak Broadway
HA8 0AD

<https://www.whittington.nhs.uk/default.asp?c=43495>

Tel: 020 3316 8900
Email: whh-tr.barnetCIT@nhs.net



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email

whh-tr.patient-information@nhs.net.

We will try our best to meet your needs.



Barnet Children's Integrated Therapies

Information for parents & carers

Twitter.com/WhitHealth
Facebook.com/WhittingtonHealth

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

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What is Barnet Children's Integrated Therapies (CIT)?

Barnet CIT provides an integrated approach to support babies and children with additional needs.

Your baby may have a complex medical background and may have difficulties feeding or achieving developmental milestones, such as sitting and/or using their hands for exploration and play, and/or have difficulties with communication.

Our Multi-Disciplinary Team (MDT) includes Speech and Language Therapists, Physiotherapists and Occupational Therapists and we are supported by Integrated Therapy Assistants. We can offer you support with the following:

- Advice with implementing safe ways of feeding and developing feeding skills.
- Advice to help your baby with their development.
- Advice about how to help your baby develop their posture and movement.

Depending on your baby's needs the MDT may offer you:

- Appointments at home, or at a clinic setting.
- Advice regarding aids and equipment
- Education for you and other carers around your baby's needs and recommendations on intervention

We can signpost to other services within Barnet:

- Barnet CIT Advice and Support <https://www.whittington.nhs.uk/default.asp?c=43512>
- Children's Centers in Barnet www.barnet.gov.uk/directories/childrens-centres-in-barnet
- Early Help team www.barnet.gov.uk/children-and-families/early-help-children-young-people-and-families
- Health visiting service www.healthychildprogramme4barnet.co.uk
- Barnet local offer www.barnetlocaloffer.org.uk



What to expect?

A referral from a doctor / health care professional or the parents is required. Your baby must be registered with a Barnet GP.

If you need to change the appointment you must give at least 24 hours' notice so that the appointment time can be offered to another family.

Please note, if you do not attend the appointment, your baby may be discharged.

At your appointment, the therapist will ask you questions about your baby's needs.

Treatment options can vary depending on your baby's individual needs but often include a specific home programme and advice. It is important to follow this advice to see changes in your baby's development and management of their needs.

During the therapy assessment and treatment process we may need to liaise with relevant doctors / health professionals involved in your baby's care.