

## Our Services Page

	<b>Wellbeing Service, including Locality Physical Health and Rehabilitation Psychology (<i>is the overarching title across these services</i>)</b>						
<b>Service Title</b>	<b>Persistent Physical Symptoms Service (PPSS)</b>	<b>North Cumbria Locality Physical Health and Rehabilitation Psychology</b>	<b>South Cumbria Locality Physical Health and Rehabilitation Psychology</b>	<b>Chronic Fatigue Syndrome Service (CFS) – South</b>	<b>Wellbeing Service (including Locality practitioners)</b>	<b>Neuropsychology</b>	<b>Familiar Faces (FF)</b>
<p><b>Service overview – what does the service do?</b></p> <p><b>This service might be for you if:</b></p>	<p>You would like help to understand and manage difficult physical symptoms that you have had for at least 3 months.</p> <p>Symptoms can include:</p> <ul style="list-style-type: none"> <li>Chronic pain</li> <li>Chronic fatigue</li> <li>Irritable bowel</li> <li>Non-epileptic seizures</li> <li>Headaches</li> <li>Migraines</li> <li>Poor concentration</li> <li>Poor sleep</li> </ul>	<p>You have been living with one of the following physical health conditions:</p> <ul style="list-style-type: none"> <li>Diabetes</li> <li>Cancer</li> <li>Heart problems</li> <li>Chronic respiratory difficulties (e.g. COPD)</li> </ul> <p>Your experience of this condition has affected your mood.</p>	<p>You have been living with one of the following physical health conditions:</p> <ul style="list-style-type: none"> <li>Diabetes</li> <li>Cancer</li> <li>Heart problems</li> <li>Chronic respiratory difficulties (e.g. COPD)</li> </ul> <p>Your experience of this condition has affected your mood.</p>	<p>You have a diagnosis of Chronic Fatigue Syndrome (CFS)/ME and would like help to live a happier, healthier life.</p> <p>You are able to attend a group programme in Ulverston, Barrow-in-Furness and Kendal.</p>	<p>You have a long-term health condition and/or have experienced a recent life change that is affecting your wellbeing.</p> <p>You would like help to live a happier, healthier life.</p>	<p>You live in Cumbria and have a condition affecting the brain, including:</p> <ul style="list-style-type: none"> <li>Multiple sclerosis</li> <li>Motor Neurone Disease</li> <li>Stroke</li> <li>Parkinson’s disease</li> <li>Epilepsy</li> <li>Brain tumour</li> <li>Huntington’s</li> <li>Rare genetic conditions</li> <li>Other brain-related health conditions</li> </ul>	<p>You have difficulties that bring you into frequent contact with your GP and other health services.</p>
<p><b>Location – what areas is the service available in</b></p>	North Cumbria.	North Cumbria.	Furness, South Lakeland and North Lancashire.	South Cumbria and Furness.	Eden (Integrated Care Community ICC)  Keswick & Solway (Integrated Care Community ICC)	Cumbria	Carlisle area Maryport and Cockermouth Copeland
<p><b>Referral criteria</b></p>	<p>You need to:</p> <ul style="list-style-type: none"> <li>live in North Cumbria</li> <li>have physical symptoms that are stopping you from living a happy, healthy life and that have lasted for at least 6 months.</li> </ul>	<p>You need to:</p> <ul style="list-style-type: none"> <li>live in North Cumbria</li> <li>have one or more of the following physical health conditions: <ul style="list-style-type: none"> <li>Diabetes</li> <li>Cancer</li> <li>Heart problems</li> <li>Chronic respiratory difficulties (e.g. COPD)</li> </ul> </li> <li>have difficulties managing your mood</li> </ul>	<p>You need to:</p> <ul style="list-style-type: none"> <li>live in South Cumbria or North Lancashire</li> <li>have one or more of the following physical health conditions: <ul style="list-style-type: none"> <li>Diabetes</li> <li>Cancer</li> <li>Heart problems</li> <li>Chronic respiratory difficulties (e.g. COPD)</li> </ul> </li> <li>have difficulties managing your mood</li> </ul>	<p>You need to:</p> <ul style="list-style-type: none"> <li>live in South Cumbria</li> <li>have a diagnosis of Chronic Fatigue Syndrome (CFS)/ME.</li> </ul>	<p>You need to:</p> <ul style="list-style-type: none"> <li>live and be registered with a GP practice in the Eden or Keswick &amp; Solway areas.</li> <li>have a long term physical health condition and/or have experienced a recent life change.</li> </ul>	<p>You need:</p> <ul style="list-style-type: none"> <li>a Cumbrian postcode or a GP surgery</li> <li>a neurological (brain) condition, diagnosed or under investigation</li> <li>to be experiencing difficulties with comprehension, memory or communication and you need extra support to manage.</li> </ul>	<p>You may be contacted by the Familiar Faces service or your GP might recommend the service to you.</p>

<b>Who can refer?</b>	Your GP, medical professional or physiotherapist can refer you to this service.	Any health professional involved in your care can refer you.	Any health professional involved in your care can refer you.	Your GP or health professional can refer you to this service.	Your GP, or any professional in your GP surgery or ICC can refer you to this service.	Any health professional involved in your care can refer you.  You can also get in touch with the team directly.	You do not need to be referred, your GP will contact you if this service is appropriate for you.
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## Children's Services

<b>Service Title</b>	<b>Children's Diabetes Psychology Service</b>	<b>Children's Cystic Fibrosis Psychology Service</b>	<b>Children's Cardiac Psychology Service</b>
<b>Service overview – what does the service do?</b>  <b>This service might be for you if;</b>	You have a diagnosis of Type 1 Diabetes and this is affecting your mood.	You have a diagnosis of Cystic Fibrosis and this is affecting your mood.	You have problems with your heart and this is affecting your mood.
<b>Referral criteria and who can refer?</b>	<p>You need to:</p> <ul style="list-style-type: none"> <li>• Have a diagnosis of Type 1 Diabetes.</li> <li>• have difficulties managing your mood</li> <li>• Be under the care of the (Children's) Diabetes team in Cumbria.</li> </ul> <p>Anyone from your Diabetes care team can refer you.</p>	<p>You need to:</p> <ul style="list-style-type: none"> <li>• Have a diagnosis of Cystic Fibrosis</li> <li>• have difficulties managing your mood</li> <li>• Be under the care of the North Cumbria Paediatric (Children's) Cystic Fibrosis team.</li> </ul> <p>Anyone from the North Cumbrian children's team can refer you.</p>	<p>You need to:</p> <ul style="list-style-type: none"> <li>• Have a diagnosed heart problem.</li> <li>• have difficulties managing your mood</li> </ul> <p>You can be referred by your children's cardiac team, your child community nurse or your GP.</p>
<b>Location – what areas is the service available in</b>	Cumbria	North Cumbria only	Cumbria