When to contact the team
You can call the team Monday to Friday between 9 o’clock in the morning and 5 o’clock in the evening.

If you need help (after 5pm, weekends or during bank holidays) you can call:

- Your doctor.
- If the surgery is closed ring NHS 24 hour helpline. Tel: 111
- Social Services (Emergency Team):
  Tel: 0300 303 8671
- Princess Royal Hospital A&E:
  Tel: 01689 863000

How to find us
Address:
Bromley Learning Disability Team
Adult Learning Disability Service
Queen Mary’s Hospital
Frognal Avenue, Sidcup DA14 6LT
Tel: 020 3871 5680

Bus routes: 160, 229, 269, 286, B14 and R11
Trains: Sidcup station is the nearest station.
Parking: Pay and display and disabled parking available.

Reviewed by the Can you understand it? team
Updated July 2017
**Bromley Community Learning Disability Team or CLDT**

Bromley Community Learning Disability Team (CLDT) help people with learning disabilities to keep well and feel ok.

**How to get help**

You, your family or carer can ask for help. We will ask you to fill in a referral form about your problems.

**The team can help you with:**

- how you are feeling and your mental health
- your behaviour
- telling people what you want
- eating and drinking
- looking after yourself
- walking and moving around
- keeping well
- learning new things
- your care.

We will meet you and talk to you about what help you need.

**Clinics and groups**

You will see someone who is helping you. You may join a group.

**Information about you**

We will not tell anyone else what you have said to us. If we need to talk to other staff about you, we will ask you first.

**Compliments and Complaints**

If you are happy about your care please tell us. If you are unhappy about your care please tell us. You can also be helped to contact PALS (Oxleas’ advice helpline).

You can call them on 0800 917 7159 (freephone number) or by email: oxl-tr.pals@nhs.net