

Working together to improve the emotional and mental health and wellbeing of children and young people in Cornwall.



A handbook for professionals working with children and young people aged 5-18

NHS
Cornwall Partnership
NHS Foundation Trust

IN PARTNERSHIP WITH

HEADSTART
KERNOW

 **CORNWALL
COUNCIL**
one and all • oen hag oll

“Bloom is a really colourful, rich process and we can see the child. It’s not just a name or a statistic on a piece of paper. It’s a real human being that we’re discussing with love, compassion, and kindness.

- Bloom Chair

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Introduction

Bloom is an early intervention consultation model that proactively promotes maintaining the positive social, emotional, mental health and wellbeing of children and young people.

Our key aim is to help to build resilience and empower children, young people (and the adults in their lives) to get the help they need, when they need it.

Bloom supports in the earlier identification and actioning of support to address emerging signs and symptoms of emotional/mental distress. Designed to provide a rapid response for children and young people aged 5 -18, **Bloom** works by finding ways to support the network already in place around the child/ young person. **Bloom** also works to support

professionals and the wider systems around the family, by way of offering formulation and aiding understanding as part of the consultation process. **Bloom** is intended as an early help/ preventative intervention in order to stop presenting difficulties escalating. Working within the **Tavistock i-THRIVE** model, its core purpose is to support young people to thrive.



“ There would be a significant gap in the support experienced by young people and families in Cornwall if Bloom did not exist.

- Primary Mental Health

Bloom is recognised as occupying a unique space within Cornwall children's services bringing together Cornwall Children and Adolescent Mental Health and professionals sitting across wider children's services with a vested interests in promoting positive emotional, social and mental health in children and young people. Within a relatively short period of time the **Bloom** model has shown itself to be highly agile, flexible and responsive and whilst there are other approaches similar to **Bloom**, the involvement in each **Bloom** consultation of a CAMHS Clinical Psychologist and a Primary Mental Health Practitioner (PMP), enabling a psychological formulation to underpin the discussion of potential support, was important and unique to **Bloom**.

As such the presence within each **Bloom** consultation meeting of a CAMHS Clinical Psychologist and a Primary Mental Health Practitioner is acknowledged as being integral to the model, providing frontline professionals from a range of services and organisations the opportunity to engage with clinical expertise. In the collaborative and supportive forum that **Bloom** provides, professionals are able to engage in a two-way process in which they can share information and through the subsequent reflective conversation gain a broader understanding of what may be behind the child/young person's presentation and behaviour.

The consultation considers any number and combinations of factors including trauma, undiagnosed conditions, the environment and parental input which may be impacting and affecting the child/young person.

It is recognised that the **Bloom** model and approach:

- keeps the **young person at the centre** of its approach
- is **needs-based and holistic**
- is **flexible and non-prescriptive**
- is **inter-professional**
- is **supportive** of parents and families, and professionals
- is **inclusive**
- allows **a safe space for professionals to talk together holistically** about the young person's circumstances, presentation and needs
- **leads to suggestions of appropriate support for the young person**, including community-based support

Benefits of Bloom

In the last three years, the likelihood of young people having a mental health problem has increased by 50%. Our Good Childhood Report 2022 shows that children's happiness continues to decline.

Now, five children in a classroom of 30 are likely to have a mental health problem (www.childrenssociety.org.uk)

Bloom forms part of wider cross Cornwall response to supporting children, young people and their families with social, emotional, mental health and wellbeing. Working holistically across systems we seek to find resolution for children and young people that consider the whole family and that focuses on the importance of a relationship-based approach connecting families to the support available. We work closely with a number of stakeholders (schools being our largest) to support them in developing a systemic approach to supporting the emotional, mental health and well-being of everyone not just for the child/young person referred.

The process engages partners in discussions related to emotional, mental health and wellbeing and works to reduce stigma related to mental health.

Recent reports and research papers have clearly outlined both the societal and personal cost to children and young people not accessing help and support (in relation to emotional mental health and wellbeing) early enough and can often pertain to life-long difficulties and disadvantage should these not be addressed at the earliest opportunity.

Working to this preventative model you could argue that **Bloom** is a more cost-efficient means of working to effect change for children and young people by reaching them at an earlier point at the first signs of emerging difficulties. This has long term positive implications for averting potential financial costs to society.

The **Bloom** evaluation (completed December 2021) identified that Professionals strongly value **Bloom**: 97% are noted as recommending making a referral to **Bloom** for young people who might need help with their social, emotional, mental health and wellbeing. Additionally, **Bloom** encourages a test and learn approach to ensure the model remains agile, flexible and responsive to need.

The evaluation identified that **Bloom**:

- **enables informed recommendations** for appropriate pathways of support for young people through a multi-agency approach
- **supports prevention and early intervention** by enabling support given to children and young people to be at an earlier and more universal level than might otherwise be the case
- **supports in the reduction of waiting times** for support therefore relieving system pressure
- fits and **aligns to local priorities** for system transformation
- **cultivates a culture of collaboration and professional development** through the building of positive working relationships and networking amongst professionals
- **supports professionals** to ask questions, share information, seek advice and support each other within a safe space

- **enhances the resilience and confidence of frontline professionals** providing support to young people
- **provides access to clinical expertise** within Bloom consultation meetings
- **enables child-centred, holistic discussions** of children and young people to take place, leading to timely and appropriate suggestions for support
- **contributes to the reduction of both personal** (emotional/psychological health) **and financial** (specialist service interventions) **costs** through the provision of help and support at the first signs of difficulty

Bloom supports children and young people to access the right kind of support through providing a space to pause, reflect and problem solve. This was felt to be particularly important for those young people who may have already experienced multiple interventions, who have been passed between services. Investment into this innovative approach has increased support for schools, families and practitioners.

“ Bloom is a really colourful, rich process and we can see the child. It’s not just a name or a statistic on a piece of paper. It’s a real human being that we’re discussing with love, compassion, and kindness.

- Bloom Chair



What is good mental health?

Good mental health is characterised by a person's ability to fulfil a number of key functions and activities.

For children and young people this would include:

- the ability to **learn**
- the ability to **feel, express and manage a range of** positive and negative **emotions**
- the ability to **form and maintain good relationships** with others
- the ability to **cope with and manage change** and uncertainty.

Mental health refers to the overall psychological well-being of a person. It encompasses the way the person feels about themselves, the quality of their relationships, and your ability to manage feelings and deal with difficulties as they arise.

Mental wellbeing is about:

- How a person is feeling in the here and now
- How they are coping with daily life

Therefore, good wellbeing is important and can help children and young people to:

- experience feelings of **increased confidence** and **positive self esteem**
- **enjoy positive relationships** with others
- **feel more connected** to their immediate environment and the world around them
- **find strategies to cope** and manage periods of stress which helps build resilience
- **bounce back** from adversity
- **be more flexible** when they do encounter change
- **feel, express and articulate their feelings** and emotions
- **find a sense of meaning** and purpose in their relationships
- **feel** a sense of internal **contentment**

Positive characteristics of mental and emotional health allow children and young people to participate in life to the fullest extent possible through productive, meaningful activities and strong relationships. These positive characteristics also help us cope when faced with life's challenges and stresses.

Children and young people with strong mental health are better able to bounce back from adversity, trauma, and stress. They will have well developed emotional and mental resilience and likely have the tools for coping with difficult situations and maintaining a positive outlook.

Things that can impact and affect the wellbeing of children and young people:

Children and young people are all different and what is likely to impact and effect one individual will not be the same for another. That said there are common themes that do seem to come up more than others. These are:

- **challenging and difficult life events**
- **situations that cause prolonged periods of stress and anxiety**
- **access to support** - from school, home etc.
- **quality of relationships** with the people in their lives
- **the ability to recognise and communicate feelings and emotions**
- **physical wellness** - sleep hygiene, use of substances, diet, engaging in activity
- **wider environmental factors** such as poverty, housing conditions, adult mental health

Ways to promote and support good mental health and wellbeing:

- Try to get enough sleep
- Eat healthy food and drink healthy drinks
- Learn how to relax and switch off
- Connect with friends and family
- Learn new things every day
- Helps others whenever you can
- Exercise each day
- Spend time in nature
- Challenge any underlying negative thoughts
- Set goals
- Talk about your feelings
- Ask for help if you need it
- Have fun and laugh lots

What is Bloom?

Bloom is about helping young people aged 5-18 to thrive. Our aim is to intervene as early as possible, to help children and young people (and the adults in their lives) to build resilience and feel empowered, and to get the help they need, when they need it.

Bloom brings professionals together so that they can look at ways to help children and young people who are experiencing difficulties with their social, emotional, mental health and wellbeing.

The professionals – who will be people like teachers, psychologists, family workers and community workers – meet to carefully discuss each young person's difficulties and needs and put together a plan to help them - usually by finding ways to support the network already in place around them.

Our wider aims through the Bloom consultation are:

- To **highlight the importance of attachment** and connection in supporting positive emotional wellness
- To **identify the best person to lead on supporting the child/ young person** discussed at the consultation meeting. This may be the nominated or other professionals.
- To **bring the 'voice of the child/young person' to every consultation meeting** and ensure that they remain at the centre of discussions and decision making.
- To **work collaboratively as a multi-agency and disciplinary team** to address unmet needs and work together in the best interests of the child/young person
- To **use the expertise and knowledge of members** to explore support options and agree a plan of support
- To **provide nominated professionals with advice and guidance**, as requested in the referral
- To **enable and empower parents and carers to take an active role** in supporting their child/young person and raise awareness of the self-help resources available
- To **encourage a whole community approach** to addressing emotional health and wellbeing needs



Who is Bloom for?

Bloom is intended to be an early help model focused on prevention so children and young people who are experiencing mild to moderate social, emotional, mental health and wellbeing difficulties would get the most benefit from a Bloom consultation.

This includes a range of mental health needs considered to be less complex and could be supported using time-limited interventions.

For example, children and young people who demonstrate anxiety, low mood and behavioural difficulties which do not meet the diagnostic threshold for specialist clinical support. A mild mental health issue is when a person has a small number of difficulties that have a limited effect on their daily life. A moderate mental health issue is when a person has more difficulties that can make their daily life much more challenging than usual. A severe mental health issue is when a person has many symptoms that can make their daily life extremely difficult. A person may experience different levels at different times.

Some of the things we may be able to support with:

- **Mild to moderate difficulties with behaviour**
- **Dysregulation** – difficulties in recognising and managing emotions
- **Persistent feelings of anxiety**, stress and worry
- **Disengaging** from school, general lack of interest
- **Difficulties in establishing and/or maintaining relationships** with friends and/or family
- **Lack of interest in participating** in activities
- **Formulation and guidance for professionals** when they are uncertain of how best to support, make sense of, or meet the needs of the child/ren/ young person at their setting



Supporting Parents and Carers

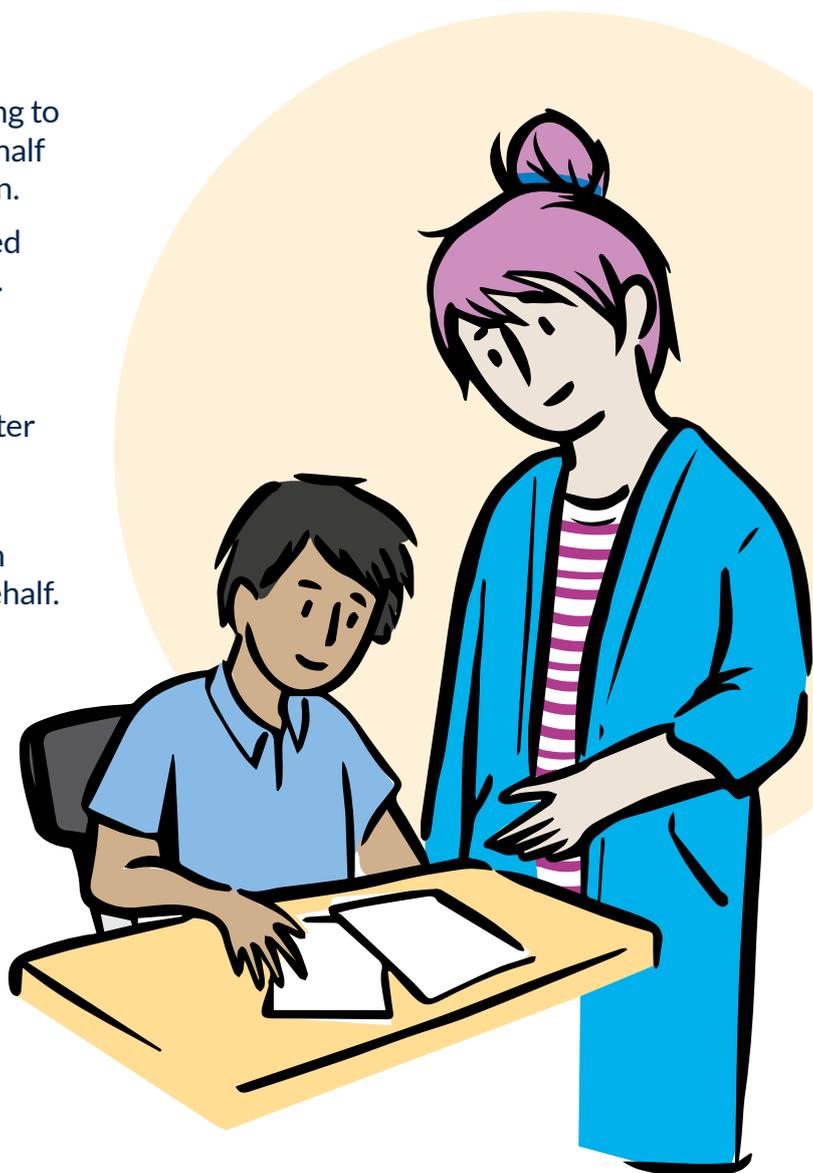
Through Bloom our hopes are to improve the emotional, mental health and wellbeing of young people aged 5–18 and prevent serious mental health issues from developing.

In order to achieve this, we recognise that parents and carers play a key role in supporting, empowering and enabling children and young people.

Parental encouragement can make all the difference when we are looking to support (long term sustainable) change for children and young people.

Therefore, we are also committed to:

1. Support parents and carers who are trying to navigate the mental health system on behalf of or in support of a child or young person.
2. Help parents and carers to stay connected with their child to find solutions together.
3. Help parents and carers communicate to schools, colleges and extended family.
4. To highlight the importance of looking after yourself as a parent or carer.
5. To signpost to trusted organisations who may help support a child or young person and their family and advocate on their behalf.



Complexity and risk

Bloom was designed to be a preventative intervention, facilitating help and support early in the presentation of emerging difficulties relating to social, emotional, mental health and wellbeing.

Bloom referrals can indicate considerable complexity in a child or young person's presentation and circumstances.

In these instances, the CAMHS Access Team may advise and signpost referrers to more specialist interventions. They may also accept the child/young person directly into CAMHS (Inclusive of Primary Mental Health). If there are clear safeguarding risks and concerns the advice will be to speak with the Multi-Agency Referral Unit.

The **Bloom** model provides a 'safe space' valued by professionals who are encouraged to speak openly when exploring the young person's presentation and needs, which may include discussions relating to the wider environmental factors such as family dynamics, and support from emotionally available trusted adults involved and present in the child/young person's life.

Through **Bloom**, professionals are enabled to understand a child or young person's behaviours and presentation more fully, so they are able to (continue to) manage risk appropriately and more confidently. The attendance at every **Bloom** meeting of a CAMHS Clinical Psychologist and a Primary Mental Health Practitioner enables the swift movement into CAMHS should the discussion raise concerns that were not apparent from the referral. Where possible if it is clear that children and young people require a more specialist intervention this will be discussed with the referrer at the point of referral when it is assessed by the CAMHS Access Team.

“ Bloom has made all the difference. We can see the young person's emotional wellbeing improving every day using the strategies recommended to us at the meeting.

- Nominated professional

Referring into Bloom

The new interactive digital referral form is now live and includes a great new feature which allows the referrer to send the form directly to the CAMHS Access Team (via the submission button) making referring in to Bloom that little bit easier.

A copy of this is available at the end of the handbook.

We accept referrals from professionals, parents/ carers and from young people old enough to consent and refer in. We highly recommend that in either instance the supporting professional and family complete the form together. We consider this best practice and know where this does happen is more likely to capture a broader and richer picture of the needs of the child/ young person and provides the **Bloom** panel with the most up to date, accurate and relevant information.

Once received the referral will be triaged by the CAMHS Access Team and if we think **Bloom** is the best way to help, we will accept it for a consultation and send out **Bloom** welcome letters to the family (along with a parent/ carer and young person's **Bloom** leaflet). If we think based on the information submitted and available that another service is more appropriate, we will come back to you as the referring professional to make some suggestions that might be a better fit and more appropriate for the child/young person.

Part of the referral form asks the child/young person or family member to identify who they would like to attend **Bloom** on their behalf (Nominated Professional) so please remember to ask this. You may find it useful to do this at the same time you are gaining consent to refer into our service.

“ The depth of discussion and the support went beyond my expectations. Everyone was relaxed but professional; it made for an excellent environment for discussion and resulted in solid possible solutions for a complex situation. The child was very much at the centre of the discussions, but there was a very necessary holistic analysis of the situation. The range of professionals invited to the meeting was impressive.

- Nominated professional

Referral Pathway

1

Professional, Young Person and/or family identifies need for Bloom intervention. Referrer (professional or family) gives or obtains consent to share information and sends request to CAMHS Access Team (CAT).

2

CAT opens and completes initial checks in RIO, child/young person allocated to Bloom caseload on patient database. Referral suitability checked against criteria.

3

CAT receives, reviews and triages each request to access Bloom. Information cross referenced across RIO and MOSAIC.

4

Record triage decision (progress note).

5

If criteria met, send welcome letter to referrer and leaflets. Include request to confirm Nominated Professional details (by email, within 14 days) if they have not been provided.

6

Bloom Senior Administrator advised of allocation via the appropriate Bloom locality mailbox.

7

The following tasks are completed by the Bloom Administrator:

- Add Referral to appropriate caseload (East or West) to await allocation of a consultation slot
- Contact Nominated Professional to offer times/dates to attend Bloom consultation
- Once confirmed, notify all attendees. (Nominated Professional notifies family)
- Agendas set for weekly Blooms
- Referral information/ confidentiality statement sent via secure link to confirmed attendees ahead of panel meeting
- NOTE - Senior Administrator will respond to initial queries from young people, parents/carers and professionals and redirect to CAT and/or Bloom Chairs if required

Who makes up the Bloom Panel?

The Bloom Panel consists of the following core professionals:

CAMHS Clinical Psychology, Primary Mental Health and Headstart Kernow (who chairs the meeting). Other attendees at **Bloom** might include professionals such as Social Workers, Family Workers, Youth Workers, School Nurses, Specialist CAMHS, and representatives from a variety of other organisations and agencies including the voluntary and community sector. In attendance there will also be the nominated professional and any other professional the family have requested attend.

What happens at the consultation meeting?

1. The Bloom chair welcomes and introduces everyone. At the point of introduction each attendee is asked to consent to the confidentiality statement
2. The chair will then condense the referral into the key areas/points for consideration and discussion by the panel
3. The child/young person's presentation will be sensitively discussed in order to develop a shared understanding of their difficulties and to consider possible support options
4. Those in attendance at the meeting including the nominated professional will then collectively agree a plan of support to include recommendations and a psychological formulation for the child / young person.
5. Advice may also be provided to the nominated (and any other) professional working with and supporting the family.
6. At the end of the meeting the core panel members agree which quadrant of iThrive the child/young person is sitting in, and the referral is then closed to Bloom
7. Bloom administration ensures that the plan is sent out to the family, nominated/referring professionals and anyone else that the family have agreed can have a copy of the plan.
8. A record of the Bloom Consultation is uploaded on a recording system called RIO

The Bloom meeting process

1

Multi-disciplinary panel made up of: Core members - Headstart Kernow, CAMHS (Clinical Psychologist, Primary Mental Health) and other representatives from Children's services (CAMHS LD, Health, Early help, VCS)
NOTE: Bloom consultations cannot go ahead without a Clinical Psychologist and/or nominated professional present

2

Chair introduces panel members and confirms individual agreements to adhere to confidentiality statement. Each consultation is allocated 45 minutes

3

Review and highlight key points from the referral. Nominated and other professionals representing the family invited to provide additional information.

4

Discussion facilitated by chair to identify area's of unmet need, and area's of strength that can be built upon. All panel members invited to contribute to conversation. Key points noted by the Primary Mental Health Practitioner who is responsible for writing up the plan.

5

At the end of the consultation recommended support options (actions) are reviewed and collectively agreed across the panel. Point of contact is identified and meeting brought to a close

6

Clinical Psychologist and Primary Mental Health Practitioner jointly agree the formulation and add this to the plan

7

Plan uploaded onto Rio (System of recording) and sent to Bloom Administration for dissemination to the family, referrer, nominated professional, point of contact and any other professionals where there is consent to share

The child/young person is then closed to Bloom

Note: The same child/young person can be re-referred to Bloom any time in the future if there is a deterioration in presentation, and/or an escalation of need.

What happens after the consultation meeting?

The Point of Contact is the person who will take the plan forward, this includes talking to the family to update what was discussed in the meeting. This person may be the nominated professional but may be another professional present at **Bloom** who is known to and working with the child, young person and family. The point of contact will also take responsibility for making any referrals to other support services as suggested by the panel.

Copies of the plan will be sent as soon as possible after the meeting to the young person, child/young person's parent/carer, their GP, the

Point of Contact, the person making the referral and any other professional the family have given consent to share the plan with.

Once the plan has been sent out, the **Bloom** referral is closed. However, a new request for support can be made at any time in the future should things change and become more difficult

It is important to note that we may make suggestions that include working directly with the parent/carer, the whole family or just the child/young person. This will be dependent on the support needed.

How often do Bloom consultations happen?

West Cornwall: Penwith, Kerrier and the south/ western areas of Carrick

When? Tuesdays, 9:15am - 12 noon

Where? Online via Microsoft Teams

How often? Weekly, during term times

East Cornwall: The north/eastern areas of Carrick, Restormel, North Cornwall and Caradon

When? Thursdays, 12:30pm - 3:15p.m

Where? Online via Microsoft Teams

How often? Weekly, during term times



Glossary

B

Bloom is an innovative partnership approach with CAMHS and Cornwall Council, HeadStart Kernow and other services and organisations, and is an early intervention consultation model for professionals working with young people experiencing difficulties with their emotional, social or mental wellbeing.

Bloom Consultation meeting is a meeting that can be requested for any child/young person struggling with emotional, social mental health and wellbeing difficulties, as long as they are aged 5-18 years and they live or are educated in Cornwall. Referrals are made via the CAMHS Access Team who screen, assess risk and allocate to BLOOM

C

CAMHS (Child and Adolescent Mental Health Service)

Children and Young People Specialist Mental Health Services sits within Cornwall Partnership NHS Foundation Trust and provides assessment, advice and treatment for children and young people with moderate to severe mental health problems. CAMHS also provides support and advice to their families and/or carers.

CFT

Cornwall NHS Partnership Foundation Trust

E

Early Help Hub

Professional triage and processing hub for all service requests for Children's Early Help Services led by Cornwall Council and the Cornwall NHS Partnership Foundation Trust (CFT).

H

Headstart Kernow (HSK) aims to explore and test new ways to improve the emotional, mental health and wellbeing of children, young people, parents and carers and prevent serious mental health issues from developing. HeadStart Kernow is led by Cornwall Council.

N

Nominated Professional

When completing a referral parents/carers/ and/or a young person are asked to nominate a professional to represent them at BLOOM. This person should be someone who knows the child / young person referred in a professional capacity - to attend the Bloom Profs meeting to bring their voice and that of the family to the discussion.

P

A Point of Contact is agreed at the Bloom Professionals Consultation meeting. They take responsibility for discussing the Consultation Plan with the parent / carer and young person, taking forward any actions and suggestions for support that the parent / carer and young person wish to pursue

Getting in touch

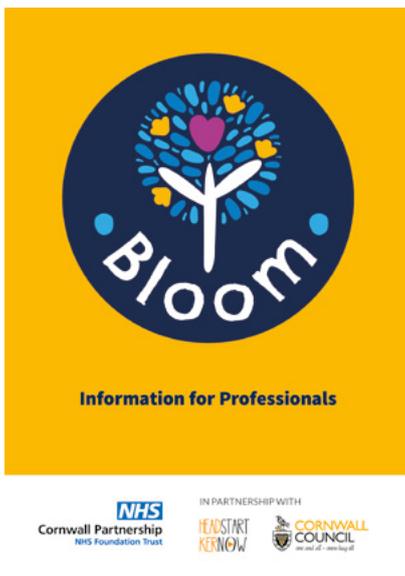
BLOOM Administration

Call **01208 834575**

Email **cft.camhsreferrals@nhs.net**

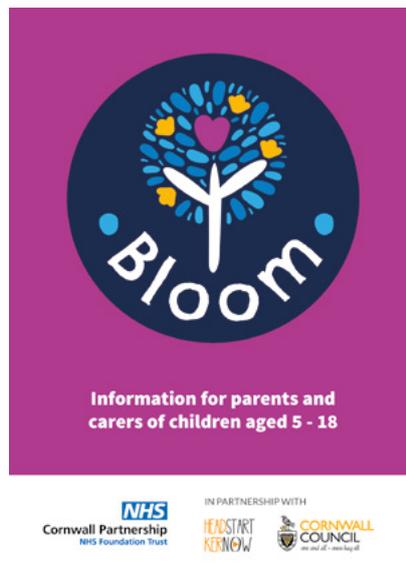
Bloom Resources

For more information on Bloom, please read and share the following leaflets:



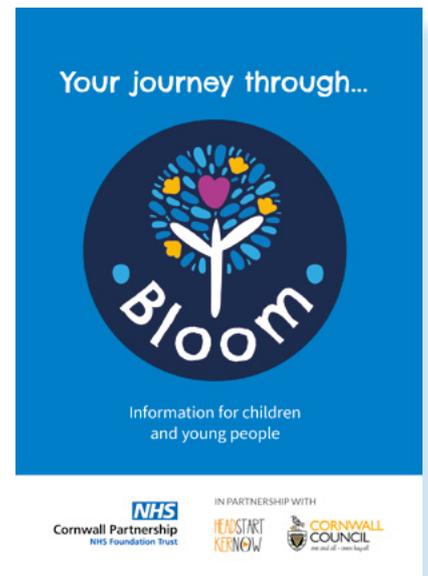
Information
for Professionals

.....



Information for parents
and carers of children
aged 5-18

.....



Your journey
through Bloom -
Information for children
and young people

.....

More support: Services that can help

Anna Freud | Visit www.annafreud.org

A world-leading mental health charity for children and families.

Childline | Call **0800 111** (free) or text **SHOUT** to **85258**

Open 7:30am - midnight (Mon - Fri) and 9am - midnight (weekends). Available to anyone up to 18 years old.

CRISIS Text Service Text **SHOUT** to **85258**

Open 24 hours a day, 7 days a week.

Early Help Hub

Call **01872 322277** or email earlyhelphub@cornwall.gov.uk

Open Monday to Thursday 8:45am–5:15pm, Friday 8:45am–4:45pm. Closed on Bank Holidays.

Headstart Kernow Visit www.headstartkernow.org.uk

Support for children and young people's mental health and wellbeing in Cornwall.

Kooth | Visit kooth.com

For young people aged 10-18 years. Online chat open until 10pm every night.

Mental Health Connect Line

Call **0800 038 5300** (free)

Open 24 hours a day, 7 days a week.

The Mental Health Support Teams

Call **01726 873204** or visit www.cornwallft.nhs.uk/mental-health-support-teams

Support for primary aged children.

Mind Your Way

Visit mindyourway.co.uk

Help with your mental health and wellbeing. Services for young people aged 10 and over

Samaritans

Visit www.samaritans.org or call **116 123**

Open 24 hours a day, 7 days a week.

Start Now

Visit startnowcornwall.org.uk

Created and run by young people in Cornwall for young people in Cornwall.

Young Minds

Visit www.youngminds.org.uk

UK charity fighting for children and young people's mental health.

Accessing help in an emergency

In an emergency or if you feel unsafe call 999 or go to your nearest hospital

If you are concerned for the safety and wellbeing of a child then contact and speak to:

- **The Multi Agency Referral Unit (MARU)**

If you have immediate concerns or are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on **0300 123 1116**.

For further information on child protection and safeguarding, and to make a referral please visit: <https://www.cornwall.gov.uk/health-and-social-care/childrens-services/child-protection-and-safeguarding/>

- **Mental Health Connect Line**

Open 24 hours a day, 7 days a week.
Call: **0800 038 5300**

- **CRISIS Text Service**

Open 24 hours a day, 7 days a week.
Text **SHOUT** to **85258**

Extra reading

Cornwall Council Business Plan 2022 to 2026
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i-THRIVE | Implementing the THRIVE Framework - implementingthrive.org
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CAMHS: Child and adolescent mental health services | Cornwall Partnership NHS Foundation Trust - cornwallft.nhs.uk
.....

Thriving Together | Cornwall Partnership NHS Foundation Trust - cornwallft.nhs.uk
.....

Mental Health of Children and Young People in England, 2020: NHS digital, 22 October 2020
.....

Mental Health of Children and Young People in England 2021: Wave 2 follow up, NHS Digital, 30 September 2021
.....

The Good Childhood Report
The Children's Society
childrensociety.org.uk
.....

Contact us

Bloom administration:

t: 01208 834575

e: cft.camhsreferrals@nhs.net

If you would like this information in another format or language please contact:

Cornwall Council, County Hall,
Treyew Road, Truro, TR1 3AY

e: customerservices@cornwall.gov.uk

t: 0300 1234 100

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