What is Paediatric Clinical Psychology?

Coping with medical conditions such as Diabetes Type 1 can be challenging at times. The psychologist works with children, young people and families to help adjust and cope with the changes that Diabetes Type 1 can bring.

The Clinical Psychologist is there to support children, young people and the family to:

- Respond to questions about Diabetes.
- Move forward after a diagnosis.
- Help you to manage Type 1 Diabetes to be as healthy as possible.
- Feel more relaxed and confident when visiting the hospital e.g. attending Diabetes clinics.
- Build confidence to deal with life’s challenges and building on your existing strengths. This means considering how to support you as a whole person, beyond the Diabetes, and explore other issues that may be relevant, e.g. the impact of parental separation, losses, friendship difficulties, bullying, etc.
- Cope with changes e.g. to nursery, primary and secondary school and transitioning to adult services and how Diabetes will be managed there.
- Offer support to siblings.

How we do this?

- We offer out-patients appointments. If you are interested, speak to a member of the Diabetes team who can refer you to our service.
- We can meet with families at Diabetes Annual Review Clinics – this is an opportunity to say hello, find out how you are getting on and to offer our service, if required.
- With consent, we talk with other professionals working with the family, e.g. we can attend school meetings.
- We facilitate support sessions for children, young people and families, with the Diabetes team – e.g., Evening for parents of newly diagnosed children; Sessions on preparing for starting secondary school.
- We take part in social events for children and young people to help connections with others with whom they may exchange experiences.
- We provide teaching and training to other professionals about Children, Young People and Diabetes Care.

Mission Statement

We strive to provide an excellent Paediatric Psychology Service. We work collaboratively with children, young people, their families and professionals; empowering children and young people through their healthcare journey; helping to make sense of difficulties and improve well-being; and, supporting families towards living happy lives.
What happens with the information you share?

**Appointments**
Our service offers appointments between 9am-5pm. We will try to make this at a time that is good for you as much as possible. We would be grateful if you would let us know if you can’t make your appointment as soon as you can. As we are a small team, we won’t be able to offer on-going appointments if you miss two in a row without getting in contact.

**Consent & Confidentiality**
It is your choice if you want to attend or not, and what information to share. After we meet we write to your child/young person’s referrer and GP with a summary of what we discussed. We can keep some of the information private if you do not want anyone to know. The only time we cannot do this is when we have concerns about someone’s safety. In that case, we would try to talk to you about it first.

**Patient feedback**
We often ask you to answer a few questionnaires so we can gather your views about how to improve the service. This would be anonymous and no one would be identifiable.

Who is in the Paediatric Clinical Psychology team?

Dr Dora Bernardes, Dr Bhaveena Studley and Julie King (Secretary)

What have children, young people and families said?

“Everyone is very lovely and kind and they let you speak your heart and opinions” - A Child

“Felt very cared for and listened to” - A Parent

Where to find us?

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