How to get into touch
The doctors and nurses help us to identify which children need our help.
However, you can also ask your Clinical Nurse Specialist or ward nurse to contact us if you feel that your child would benefit from our help.

Your contact list:
Physiotherapist:
______________________________
Tel: __________________________

Occupational Therapist:
______________________________
Tel: __________________________

Speech and Language Therapist:
______________________________
Tel: __________________________

Other formats:
If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.information@addenbrookes.nhs.uk.
Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site.
For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

We are specialist children’s therapists experienced in assessing and treating a wide range of problems that children and young people can develop as a result of cancer or its treatment.

We are part of the paediatric haematology and oncology team at Addenbrooke’s Hospital and we also work closely with your local therapy teams.
**Physiotherapy (Physio)**
We help children and young people to get moving after starting chemotherapy or radiotherapy treatment, or after big operations. There are lots of ways in which we can help your child to regain function and independence.

We can help by:
- providing exercises to help get stiff or weak limbs moving and stronger
- advising your child how to get up and moving after operations or long periods in bed
- addressing breathing difficulties
- providing rehabilitation if your child has weakness or difficulty with balance or coordination caused by a brain or spinal tumour
- advising your child on how to manage a variety of different symptoms such as pain, weakness, numbness or fatigue related to chemotherapy or radiotherapy
- providing aids such as crutches or frames to help with walking
- giving general exercise programmes to promote wellbeing and return to fitness.

**Occupational Therapy (OT)**
We aim to help children and young people participate in everyday life activities. These include self-care, learning, school and play or leisure. We help problem solve around difficulties that may come up, to enable independence and promote safety.

We can help by:
- identifying and accessing appropriate seating and mobility equipment such as specialist buggies or wheelchairs
- working with your child to enable safe personal care such as using bathing and toileting facilities
- providing advice and support to promote development of milestones particularly during a long hospital stay
- assessing and providing advice following changes in skills and independence
- providing rehabilitation of hand skills and making hand splints to maintain good hand posture
- advising regarding fatigue management
- assessing and advising regarding school related activities such as handwriting and ability to participate in school activities.

**Speech & Language Therapy (SLT)**
We support children and young people with speech, language and communication needs. This can include difficulties:
- understanding what is being said
- using spoken or written language
- speaking clearly
- producing voice
- playing or interacting appropriately with other children and adults.

We also work with children and young people who have difficulty with eating, drinking and swallowing.

We can help by:
- assessing for changes in speech and language skills following treatment or surgery
- building on communication strengths and providing advice and strategies to support communication needs
- providing alternative forms of communication when spoken language is difficult
- assessing swallow safety before or after surgery or during treatment
- helping to keep eating and drinking safe and pleasurable.