



# Northamptonshire Local Offer:

## Learning Disability Information Pack

## What is a Learning Disability?

A learning disability is a reduced intellectual ability that leads to difficulties with everyday activities (such as household tasks, socialising, or managing money), which affects someone for their whole life.

People with a learning disability take longer to learn, and may need support to develop new skills, understand complicated information, and interact with other people.

Learning disabilities can be mild, moderate, severe, or multiple and profound.

For any parent, the greatest concern will be your child's wellbeing and their future. As a parent, you can help your child by encouraging their strengths and getting the right support to help them overcome the things they find difficult.

## Spotting the Signs

In some cases, a learning disability may develop before birth. If concerns are raised during the standard antenatal check-ups and ultrasounds, pregnant women will be offered extra tests.

Once a child is born, the signs of a learning disability may include:

- Babies may have trouble feeding, for example sucking and digesting.
- Babies may be delayed learning to sit or stand.
- Pre-school children may be slow to talk or have difficulty pronouncing words and short sentences, or learning new words.
- School-aged children may find reading and writing difficult or have problems understanding information and instructions.
- Some children discover they have a learning disability when they become teenagers and their life becomes more complex.

## Terminology

The term 'learning disability' covers a wide range of individuals, each with different strengths, capabilities and needs. Knowing the degree of intellectual impairment a person has will tell you very little about who they are. However, there are terms available that might help the person (and their carers) understand the support they may require.

The terms 'profound and multiple,' 'severe,' 'moderate,' and 'mild' are sometimes used to distinguish different levels of need. These categories are not rigid, and there are no clear dividing lines between the groups.

People with a **profound and multiple learning disability (PMLD)** tend to have an IQ of less than 20, and may have other disabilities such as visual, hearing, or movement impairments. They might have autism or epilepsy too. Most people in this group need support with mobility, and many have complex health needs requiring extensive support. They may have considerable difficulty with communication.

People with a **severe learning disability** tend to have an IQ of 20-35. They may use basic words and gestures to communicate their needs. Many need a high level of support with everyday activities, but they might be able to look after some of their own personal care needs. Some may have extra medical needs or need support with mobility.

People with a **moderate learning disability** tend to have an IQ of 35-50. They are likely to have some language skills that mean they can communicate their day-to-day needs. Some people may need more support caring for themselves.

People with a **mild learning disability** tend to have an IQ of 50-70. They can usually hold a conversation, but may need some support to understand abstract or complex ideas. People are often independent in caring for themselves and doing many everyday tasks. They usually have some basic reading and writing skills.

## Associated Conditions

There are some conditions that mean you are more likely to have a learning disability.

- **Down Syndrome**

People with Down's syndrome typically have a learning disability.

- **Williams Syndrome**

Many people with Williams Syndrome will have a learning disability.

- **Autism Spectrum Disorder (ASD)**

Around half of people with ASD may also have a learning disability.

- **Fragile X Syndrome**

Fragile X is the most common (inherited) cause of learning disability.

## How are Learning Disabilities Diagnosed?

If there are concerns about a baby's development (while still in the womb), some pregnant women will be offered extra tests.

Once a baby is born, it will usually be a GP, a Health Visitor, the parents, or a teacher who first become aware that a child is having difficulties in certain areas. A learning disability might be identified:

- At a child's regular Developmental Check
- By a child's teacher
- By a clinical psychologist

For some parents, getting a diagnosis can be a struggle. Professionals can be confused by some characteristics of learning disability, and experts themselves can struggle to make an accurate diagnosis.

Getting the support of your GP is often the first step. They can offer advice and refer you to a specialist if necessary.

## What's the Difference Between a Learning Disability and...

### ...Global Development Delay (GDD)?

This term is sometimes used when a child takes longer to reach certain development milestones than other children of the same age. For some children, the delay will be short-term, and will be overcome (in time) with additional support. In other cases, the delay will indicate the child has a learning disability.

### ...Specific Learning Difficulties (SpLD)?

The term 'learning disability' is often confused with the term 'specific learning difficulty' (SpLD). The latter is used when a person has problems processing certain forms of information. It refers to disorders such as dyslexia, dyspraxia, and dyscalculia. Unlike learning disability, SpLDs do not affect a person's intellectual ability.

**Please note:** It is possible for a person to have a learning disability AND a specific learning difficulty.

### ...Mental Health Conditions?

Learning disabilities are sometimes confused with mental health conditions. The latter do not affect intelligence and can affect anyone at any time. They might be managed with medical treatment. This is not true of learning disabilities. A person with a learning disability will have reduced intellectual abilities that affect their whole life.

**Please note:** It is possible for a person to have a learning disability AND a mental health condition.

### ...Cerebral Palsy?

Learning disabilities are sometimes confused with cerebral palsy. The latter is usually caused by an injury to the brain before, during, or shortly after birth (such as a lack of oxygen or illness). Cerebral palsy is a physical condition that affects movement, posture and coordination. It does not affect intelligence.

**Please note:** It is possible for a person to have a learning disability AND cerebral palsy.

## Next Steps

<ul style="list-style-type: none"> <li>• <a href="#">Mencap Learning Disability Helpline</a> Free helpline service offering advice and support for people with a learning disability, and their families and carers. <b>Phone:</b> 0808 808 1111 (Monday to Thursday, 10am-3pm) <b>Email:</b> <a href="mailto:helpline@mencap.org.uk">helpline@mencap.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Mencap's Online Community</a> Mencap's online community is a safe and supportive place to meet others, ask questions about learning disability, share experiences and offer support.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>NHFT - Northamptonshire Learning Disability Service</b> A healthcare professional (such as your GP) can refer your child to the following services: <a href="#">Children's Community Team for Learning Disability (CTPLD)</a> Offers specialist healthcare services for under-18s with learning disabilities. <a href="#">Community Teams for Learning Disability (CTPLD)</a> Offers specialist healthcare services for adults with an IQ lower than 70.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">SEND Support Service (SSS)</a> The SSS offers advice and support to children, young people, families, carers, and educational establishments for children with a range of special educational needs aged 0-19yrs. They also deliver the Portage Service. To request support in <b>North</b> Northants, email: <a href="mailto:SSS.NCC@northnorthants.gov.uk">SSS.NCC@northnorthants.gov.uk</a> To request support in <b>West</b> Northants, email: <a href="mailto:SSS.NCC@westnorthants.gov.uk">SSS.NCC@westnorthants.gov.uk</a></li> </ul>

## Services for People with Down Syndrome

<ul style="list-style-type: none"> <li>• <a href="#">NTFC in the Community - Down Syndrome Football</a> <b>Location:</b> Northampton <b>Age-Range:</b> 16yrs+ <b>E:</b> <a href="mailto:russell.lewis@ntfc.co.uk">russell.lewis@ntfc.co.uk</a> <b>Tel:</b> 07887 878182</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Down Syndrome Group Northamptonshire</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> All Ages <b>E:</b> <a href="mailto:davidjohnson2607@gmail.com">davidjohnson2607@gmail.com</a> <b>Tel:</b> 01604 786320</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Down Side Up</a> <b>Location:</b> National <b>Age Range :</b> All ages <b>E:</b> <a href="mailto:downssideup@gmail.com">downssideup@gmail.com</a></li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Ups n Downs</a> <b>Location:</b> Northamptonshire <b>Age-Range:</b> All Ages <b>E:</b> <a href="mailto:info@upsndowns.co.uk">info@upsndowns.co.uk</a> <b>Tel:</b> 07771 717460</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Down's Syndrome Association (DSA)</a> <b>Location:</b> National <b>Age-Range:</b> All Ages <b>E:</b> <a href="mailto:info@downs-syndrome.org.uk">info@downs-syndrome.org.uk</a> <b>Tel:</b> 03331 212300</li> </ul>	

## Local Activities That Support Children and Young People with Special Educational Needs or a Disability (SEND)

<ul style="list-style-type: none"> <li>• <a href="#">360 Play Rushden Lakes - SEN Evening</a> <b>Location:</b> Rushden <b>Age-Range:</b> 0-12yrs <b>E:</b> <a href="mailto:rushdenlakes@360play.co.uk">rushdenlakes@360play.co.uk</a> <b>Tel:</b> 01933 522360</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Riverside Hub - Special Needs Sessions</a> <b>Location:</b> Northampton <b>Age-Range:</b> 0-17yrs <b>E:</b> <a href="mailto:admin@riversidehub.com">admin@riversidehub.com</a> <b>Tel:</b> 01604 403003</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Gravity Trampoline Park - Disability Sessions</a> <b>Location:</b> Corby <b>Age-Range:</b> 1.5yrs+ <b>E:</b> <a href="mailto:enquiries@gravity-uk.com">enquiries@gravity-uk.com</a> <b>Tel:</b> 01977 529920</li> </ul>
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## Local Activities That Support Children and Young People with Special Educational Needs or a Disability (SEND)

<ul style="list-style-type: none"> <li>• <a href="#">Riding for the Disabled Association (RDA)</a> Location: Northamptonshire Age-Range: Various</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Sport 4 Fitness CIC</a> Location: Northampton Age-Range: 3yrs+ E: <a href="mailto:info@sport4fitness-cic.co.uk">info@sport4fitness-cic.co.uk</a> Tel: 07811 371569</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Boost Trampoline Park - Sensory Session</a> Location: Northampton Age-Range: 4+yrs E: <a href="mailto:info@boosttrampolineparks.co.uk">info@boosttrampolineparks.co.uk</a> Tel: 01604 438181</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Groundwork Northamptonshire - The Free Rangers</a> Location: Kettering Age-Range: 5-18yrs E: <a href="mailto:amy.russell@groundwork.org.uk">amy.russell@groundwork.org.uk</a> Tel: 01536 521555</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Freedom Leisure - Young Inclusive People Club (YIP)</a> Location: Rushden Age-Range: 8-24yrs E: <a href="mailto:Jackie.ackroyd@freedom-leisure.co.uk">Jackie.ackroyd@freedom-leisure.co.uk</a> Tel: 01933 350324</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Disability Inclusive Sports Club (DISC)</a> Location: Towcester Age-Range: All Ages E: <a href="mailto:disc@northamptonshire-carers.org">disc@northamptonshire-carers.org</a> Tel: N/A</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Northamptonshire FA - Disability Clubs</a> Location: Northampton Age-Range: 7-25yrs E: <a href="mailto:christian.smith@northantsfa.com">christian.smith@northantsfa.com</a> Tel: 07971 138768 or 07971 138768</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Club Palm Beach - Stay Up Late Karaoke &amp; Disco</a> Location: Wellingborough Age-Range: All Ages E: <a href="mailto:info@clubpalmbeach.co.uk">info@clubpalmbeach.co.uk</a> Tel: 07814 859423</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">NRG Disability Sport 4 All</a> Location: Corby Age-Range: 8yrs+ E: <a href="mailto:sportsdevelopment.cbc@northnorthants.gov.uk">sportsdevelopment.cbc@northnorthants.gov.uk</a> Tel: 01536 464047</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">NMPAT - Y-Not Arts</a> Location: Northampton Age-Range: 9-25yrs E: <a href="mailto:Ynot@NMPAT.co.uk">Ynot@NMPAT.co.uk</a> Tel: 07944 296741</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Northamptonshire People First</a> Location: Kettering Age-Range: 16yrs+ E: <a href="mailto:cepfnorthants@gmail.com">cepfnorthants@gmail.com</a> Tel: 01536 515548</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Freedom Leisure - Multi Activity Club (MAC)</a> Location: Rushden Age-Range: 11yrs+ E: <a href="mailto:Jackie.ackroyd@freedom-leisure.co.uk">Jackie.ackroyd@freedom-leisure.co.uk</a> Tel: 01933 352981</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Picture the Difference CIC</a> Location: Kettering Age-Range: 14-25yrs E: <a href="mailto:admin@picthediff.com">admin@picthediff.com</a> Tel: 07947 575190</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Northants Disability Tennis Network</a> Location: Northampton Age-Range: All Ages E: <a href="mailto:northantsLTA@gmail.com">northantsLTA@gmail.com</a> Tel: 07977 753614</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Northants Recreational Cricket - Disability Cricket Club</a> Location: Northampton Age-Range: All Ages E: <a href="mailto:pratik.rachh@nccc.co.uk">pratik.rachh@nccc.co.uk</a> Tel: 01604 609278</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Rush 2 the Den - FREEdom Youth Club (SEN)</a> Location: Rushden Age-Range: 5-14yrs E: <a href="mailto:river.rush2theden@gmail.com">river.rush2theden@gmail.com</a> Tel: 07393 432171</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Pen Green - Let's Play Together</a> Location: Corby Age-Range: 0-5yrs E: <a href="mailto:suzy.geraghty@northnorthants.gov.uk">suzy.geraghty@northnorthants.gov.uk</a> Tel: 01536 400068</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Towcester Children's Centre - Special Friends &amp; SNUG</a> Location: Towcester Age-Range: 0-19yrs Tel: 01604 362265</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Rockin' Roadrunner Club</a> Location: Northampton Age-Range: 18yrs+ Tel: 08432 891334</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Children's Rights Service, Shooting Stars - NCT</a> Location: Northamptonshire Age-Range: 14-25yrs E: <a href="mailto:Lorraine.Flute@nctrust.co.uk">Lorraine.Flute@nctrust.co.uk</a> Tel: 0300 126 1000</li> </ul>	

## Parent Support

<ul style="list-style-type: none"> <li>• <a href="#">SENDS 4 Dad, Corby &amp; Northampton</a>  <b>Location:</b> Northamptonshire <b>Age-Range:</b> 18yrs+  <b>E:</b> <a href="mailto:sends4dad@virginmedia.com">sends4dad@virginmedia.com</a>  <b>Tel:</b> N/A</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Northamptonshire Carers</a>  <b>Location:</b> Northamptonshire <b>Age-Range:</b> All Ages  <b>E:</b> <a href="mailto:carers@northamptonshire-carers.org">carers@northamptonshire-carers.org</a>  <b>Tel:</b> 01933 677907</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Pen Green - Parents of Children with Additional Needs</a>  <b>Location:</b> Corby <b>Age-Range:</b> All Ages  <b>E:</b> <a href="mailto:suzy.geraghty@northnorthants.gov.uk">suzy.geraghty@northnorthants.gov.uk</a>  <b>Tel:</b> 01536 400068</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Time 4 Support</a>  <b>Location:</b> Northamptonshire <b>Age-Range:</b> All Ages  <b>E:</b> N/A  <b>Tel:</b> 07739 673597</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Different Abilities</a>  <b>Location:</b> Corby <b>Age-Range:</b> All Ages  <b>E:</b> <a href="mailto:Maplefieldcircleoffriends@outlook.com">Maplefieldcircleoffriends@outlook.com</a>  <b>Tel:</b> 01536 267873</li> </ul>	

## Short Breaks

<ul style="list-style-type: none"> <li>• <a href="#">Action for Children - Wellingborough</a>  <b>Location:</b> Wellingborough <b>Age-Range:</b> 5-18yrs  <b>E:</b> <a href="mailto:northants.disability@actionforchildren.org.uk">northants.disability@actionforchildren.org.uk</a>  <b>Tel:</b> 01604 752553</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Action for Children - Corby</a>  <b>Location:</b> Corby <b>Age-Range:</b> 8-17yrs  <b>E:</b> <a href="mailto:northants.disability@actionforchildren.org.uk">northants.disability@actionforchildren.org.uk</a>  <b>Tel:</b> 01604 752553</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Action for Children - Daventry</a>  <b>Location:</b> Daventry <b>Age-Range:</b> 5-18yrs  <b>E:</b> <a href="mailto:northants.disability@actionforchildren.org.uk">northants.disability@actionforchildren.org.uk</a>  <b>Tel:</b> 01604 752553</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Action for Children - Kettering</a>  <b>Location:</b> Kettering <b>Age-Range:</b> 8-18yrs  <b>E:</b> <a href="mailto:northants.disability@actionforchildren.org.uk">northants.disability@actionforchildren.org.uk</a>  <b>Tel:</b> 01604 752553</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Action for Children - Northampton</a>  <b>Location:</b> Northampton <b>Age-Range:</b> 5-18yrs  <b>E:</b> <a href="mailto:northants.disability@actionforchildren.org.uk">northants.disability@actionforchildren.org.uk</a>  <b>Tel:</b> 01604 752553</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Action for Children - Brackley</a>  <b>Location:</b> Brackley <b>Age-Range:</b> 8-17yrs  <b>E:</b> <a href="mailto:northants.disability@actionforchildren.org.uk">northants.disability@actionforchildren.org.uk</a>  <b>Tel:</b> 01604 752553</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">NHFT Short Breaks</a>  <b>Location:</b> Northampton and Rushden  <b>Age-Range:</b> 0-18yrs  <b>E:</b> <a href="mailto:shortbreaks@nhft.nhs.uk">shortbreaks@nhft.nhs.uk</a></li> </ul>		



## Support Services




<ul style="list-style-type: none"> <li>• <a href="#">Information Advice and Support Service (IASS) - NNC and WNC</a>  <b>Location:</b> Northamptonshire <b>Age-Range:</b> 0-25yrs  <b>E:</b> <a href="mailto:contact@iassnorthants.co.uk">contact@iassnorthants.co.uk</a>  <b>Tel:</b> 01604 364772</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Special Needs Index (SNIX) Magazine - NNC and WNC</a>  <b>Location:</b> Northamptonshire <b>Age-Range:</b> 0-25yrs  <b>E:</b> <a href="mailto:LocalOffer.NCC@northnorthants.gov.uk">LocalOffer.NCC@northnorthants.gov.uk</a>  <b>Tel:</b> 0300 126 1000</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Scope - Northamptonshire Sleep Right (Sleep Solutions)</a>  <b>Location:</b> Kettering <b>Age-Range:</b> 2-19yrs  <b>E:</b> <a href="mailto:karen.smith@scope.org.uk">karen.smith@scope.org.uk</a>  <b>Tel:</b> 07875 575377</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Northamptonshire Police - Disability Access Services</a>  <b>Location:</b> Northampton <b>Age-Range:</b> 5yrs+  <b>Tel:</b> 01604 888963</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Mencap - Northampton Branch</a>  <b>Location:</b> Northampton <b>Age-Range:</b> 11yrs+  <b>E:</b> <a href="mailto:muriel@northamptonmencap.org.uk">muriel@northamptonmencap.org.uk</a>  <b>Tel:</b> 01604 874710</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Northamptonshire Police - Keep Safe Scheme</a>  <b>Location:</b> Northamptonshire <b>Age-Range:</b> 16yrs+  <b>Tel:</b> 07540 668297</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Challenging Behaviour Foundation (CBF)</a>  <b>Location:</b> National <b>Age-Range:</b> All Ages  <b>E:</b> <a href="mailto:support@thecbf.org.uk">support@thecbf.org.uk</a>  <b>Tel:</b> 0300 666 0126</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Fragile X Society</a>  <b>Location:</b> National <b>Age-Range:</b> All Ages  <b>E:</b> <a href="mailto:info@fragilex.org.uk">info@fragilex.org.uk</a>  <b>Tel:</b> 01371 875100</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Independent Parental Special Education Advice (IPSEA)</a>  <b>Location:</b> National <b>Age-Range:</b> All Ages  <b>E:</b> <a href="mailto:chiefexecutive@ipsea.org.uk">chiefexecutive@ipsea.org.uk</a>  <b>Tel:</b> 01799 582030</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Williams Syndrome Foundation</a>  <b>Location:</b> National <b>Age-Range:</b> All Ages  <b>E:</b> <a href="mailto:enquiries@williams-syndrome.org.uk">enquiries@williams-syndrome.org.uk</a>  <b>Tel:</b> 02085 671374</li> </ul>		

## Northamptonshire's Local Offer








This document was produced by Northamptonshire's Local Offer team. The Local Offer is a website for young people, families, and professionals who work with them, that sets out in one place, information about local services. [www.northamptonshire.gov.uk/localoffer](http://www.northamptonshire.gov.uk/localoffer)

### Contact Us:

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 01604 366124  
 One Angel Square, Angel Street, Northampton NN1 1ED

This document was co-produced with the [Northants Parents' Forum Group](#)

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