

# CF social work service

## Information for patients, parents and guardians

Southampton Children's Hospital can offer the support of a social worker to support children and young people who use the children's cystic fibrosis service, and their parents or guardians.

Support is available to children and their families who use the following paediatric CF centres:

- Basingstoke
- Dorchester
- Isle of Wight
- Poole
- Portsmouth
- Salisbury
- Southampton
- Swindon
- Winchester
- Yeovil

This factsheet explains the range of support available and aims to answer some of the initial questions you might have about using the service. If you have further questions, or would like more information, please ask a member of the CF team or get in touch via the contact details over the page.

### What does a social worker do?

Social workers work with individuals and families to help improve outcomes in their lives. Besides supporting people, they act as advocates (advocacy means helping you to get your voice heard) and direct people to the services they might need. They work in a variety of settings and with various groups of people.

Social workers also support children and young people, including those with conditions such as cystic fibrosis. Social workers may work together with your child's school, college, healthcare team and anyone else involved in supporting them.

### What type of support is available?

The CF social work service is able to offer:

- practical and emotional support
- help with non-medical related questions you might have about staying in hospital
- support with getting to appointments
- understanding how cystic fibrosis can affect your child's lifestyle and advice on how to cope
- staying safe
- advocacy (getting your voice heard)
- increasing your child's independence
- benefits advice, support with benefit applications and appeals
- housing advice
- support for young people to access education, training and employment opportunities
- a link between your child and their school to maximise educational outcomes
- help with funding and grants
- support for parents and carers
- employment advice for parents

## How to arrange an appointment

You may see the social worker in clinic or at your child's annual review. If you would like to arrange a longer appointment, speak to any member of the CF team. You can arrange to meet with the social worker while your child is an inpatient or attending clinics as an outpatient. Appointments can take place at the hospital or in your home.

Sessions can involve you and your child, together with other members of the family if required. Alternatively, the social worker can meet parents and children or young people separately.

You can contact the social work team directly using the details opposite.

## Useful links

### The Cystic Fibrosis Trust

[www.cysticfibrosis.org.uk](http://www.cysticfibrosis.org.uk)

### Citizens Advice

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## Contact us

Children's cystic fibrosis team  
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SO16 6YD

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If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone **023 8120 4688** for help.

[www.uhs.nhs.uk/childrenshospital](http://www.uhs.nhs.uk/childrenshospital)