



## Cleft Department

### Where you can get more information

Please note: Alder Hey Children's NHS Foundation Trust is neither liable for the content of any external internet site listed, nor does it endorse any commercial product of service mentioned or advised on any of the sites.



Website:

<http://www.cleftnorthwest.nhs.uk/>

The North West Cleft Lip and Palate network is made up of both the Cleft Teams at Alder Hey Children's Hospital and at the Royal Manchester Children's Hospital.

The website includes general information about what a cleft is as well as providing information about the people on both of the cleft sites in the network and the aims of the network.

Alder Hey Children's NHS Foundation Trust: 0151 252 5209

Royal Manchester Children's Hospital: 0161 701 9091

You must always discuss your treatment with the appropriate member of staff. Do not rely on this leaflet alone for information about your treatment. This information can be made available in other languages and formats if requested

Alder Hey Children's NHS Foundation Trust  
Eaton Road,  
Liverpool.  
L12 2AP  
Tel: 0151 228 4811  
[www.alderhey.nhs.uk](http://www.alderhey.nhs.uk)



Website:  
<http://www.clapa.com/>

CLAPA is a voluntary group helping those with a cleft lip and/or palate. It provides support for people with the condition and their families, from when they are first born through to adulthood.



Website:  
<https://www.changingfaces.org.uk/>

Changing Faces is a charity for people and families who are living with conditions, marks or scars that affect their appearance.

They aim to help individuals lead full, confident and satisfying lives by providing support to them and their families.



Website:  
<http://www.bullying.co.uk/>

The Bullying UK website offers general advice and support for people who experience bullying



Website:  
<http://www.cleft.org.uk/>

CLEFT is a charity which researches better care for children born with cleft lip and/or palate. This includes research into improving operating methods and research into the reasons individuals may have a cleft.

They also support cleft lip and palate teams in other countries.



Website:

<http://cleftcollective.org.uk/>

The Cleft Collective is the world's largest cleft lip and palate research programme.

It has many research projects within the UK which look into the reasons why individuals may have a cleft and look into making treatment for cleft lip and palate better.



Website:

[www.healthtalk.org/young-peoples-experiences](http://www.healthtalk.org/young-peoples-experiences)

Youth Health Talk provides information to young people, from young people, about experiencing everyday life with a health condition.

For example the website provides help and support on what to expect both physically and mentally, overcoming practical difficulties, making decisions about treatment and talking to health professionals.



Website:

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

YoungMinds offers information to young people and children about mental health and emotional wellbeing.

The website offers practical support and advice, information about mental health problems and services you can access, as well as stories from other young people.

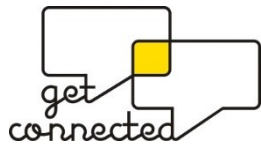


Website:

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

YPAS supports young people within the Liverpool area aged between 10 to 25 years old with a range of difficulties such as: mental well-being, self-esteem, education, health, and much more.

The website provides you with lots of information about the kinds of support you can access from YPAS.



Website:

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

The Mix: Formally Get Connected offers a free confidential helpline for young people under 25 years old who need help, but don't know where to turn.

You can get in touch with get connected via phone, text, email or webchat. All contact details are provided on their website.



Website:

<http://www.nationalbullyinghelpline.co.uk/>

The National Bullying Helpline is a free, confidential helpline offering support and advice to anyone who is experiencing bullying.

Phone number: 0845 22 55 787



Website:

<http://www.maxappeal.org.uk/>

Max Appeal is a charity supporting families affected by DiGeorge syndrome (also known as VCFS and 22q11.2 deletion syndrome).

Max Appeal runs events for people of all ages to share their experiences. It also provides information, resources and support to individuals and families.

