

## **Contacts**

- Zone 5-19 Children and Young People's Health and Wellbeing Service: Single point of contact (SPOC) for all referrals, send all referrals to [rdash.doncasterchildrenscaregroup@nhs.net](mailto:rdash.doncasterchildrenscaregroup@nhs.net) call 03000218997 with enquiries.
- Parents and young people and parents / carers can contact / self refer via SPOC number
- Healthy Learning, Healthy Lives  
[www.healthylearningdoncaster.co.uk](http://www.healthylearningdoncaster.co.uk)
- CAMHS SPOC 0800 8048999
- Sleep clinic 01302 751416
- Sleep charity <https://thesleepcharity.org.uk/>
- Childrens continence team 01032 379566
- Families information service 01302 735237
- SENDIAS 01302 736920

