What is transition?

‘Transition’ is the process of getting ready to be looked after by adult doctors and nurses having previously been looked after by children’s doctors and nurses.

What is transfer?

‘Transfer’ is when your care is formally handed over from the children’s team to the adult team.

What does transition mean to me?

Transition is a time when you – rather than your parents – begin to take control of managing your hormone condition and care.

This involves the following:-

• Finding out what keeps you healthy, for example, your treatment, diet and lifestyle.

• Starting to be more involved in helping the doctors make the right decisions for you.

• Finding out more about your condition and how it will affect you as an adult.

• Starting to become more independent in managing your hormone condition, for example, arranging your own prescriptions.

• Finding out more about where and when your care will be transferred.
When does transition start?

Transition is a gradual process and should start around the age of 11 so that you are ready for transfer between 16 and 19 years of age.

What will happen in clinic?

From the age of 11 onwards your doctor or nurse may begin to talk to you and your parents about transition. Gradually you will be encouraged to be more involved in helping the doctors make the right decisions for you and to find out more about your condition and how it will affect you as an adult. You will also be encouraged to become more independent in managing your hormone condition, for example, you might begin having part or all of your hospital appointments without your parents present if you want to.

When will my care be transferred to an adult team?

Transition and transfer comes at a time when other big things in your life are also happening:-

- Doing exams, leaving school, making choices about college, university and jobs.
- Spending less time with your family and more time with your friends.

We want to make sure that transfer to adult services fits in with you. Your care will only be transferred when you tell us you are ready. This will usually happen between 16 and 19 years of age.
Where will my care be transferred to?

You will be offered an opportunity to transfer your care to the Young Person’s Clinic that takes place in the Manchester Royal Infirmary, the adult hospital next to this one (see the link below). In these clinics the children’s doctors will introduce you to the adult team. There may also be options to have your care closer to home. You can discuss this with your doctor.

Link for map of Manchester Royal Infirmary:
www.cmft.nhs.uk
click – Manchester Royal Infirmary
click – plan your visit
click – map and directions

For more information and support visit:
www.cmft.nhs.uk/youngpeoplezone
Transition Co-ordinator
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Nursing Staff
Mrs Julie Jones and Ms Elaine O’Shea
Tel: 0161 701 2587
E-mail: julie.jones@cmft.nhs.uk or elaine.oshea@cmft.nhs.uk
Further information – You may find these websites useful:

www.pituitary.org.uk
for people with pituitary conditions and their families.

www.cushingsacth.co.uk
for people with Cushing’s Syndrome and their families

www.btf-thyroid.org
for people with thyroid conditions and their families

www.addisons.org.uk
for people with Addison’s disease and their families

www.livingwithcah.com
for people with Congenital Adrenal Hyperplasia and their families

www.tss.org.uk
for people with Turner Syndrome and their families

www.klinefelter.org.uk
www.ksa-uk.co.uk
for people with Klinefelter Syndrome and their families

www.aissg.org
for people with Androgen Insensitivity Syndrome and their families

www.pwsa.co.uk
for people with Prader-Willi Syndrome (PWS) and their families

www.amend.org.uk
for people affected by Multiple Endocrine Neoplasia (MEN)
No Smoking Policy

The NHS has a responsibility for the nation’s health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

Do you have difficulty speaking or understanding English? (BENGALI) क्या आपको अंग्रेजी बोलने या समझने में कठिनाई है? (HINDI) तभी आपसा काफी वातावरण क्षयों में सुरक्षित आवं छे? (GUJARATI) वा इतर अन्य भाषाओं में सहायता दिला है? (PUNJABI) Miyey ku adaptahay inaad ku hadasho Ingiriisida aad sahamto (SOMALI)

 هل لديك مشاكل في فهم أو التكلم باللغة الإنجليزية؟ (ARABIC)

你有困難講英語或明白英語嗎？ (CANTONESE)

کیا آپو امر میں پیچھو از کچھ نئے وقت جانئے؟ (URDU)

0161 276 6202/6342

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www.cmft.nhs.uk

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