

Working Together to Benefit our Community

North Somerset Community Team for People with Learning Disabilities



Physiotherapy



Our **Physiotherapy Team** can help you to manage your physical needs or recover from injury or surgery.

We look at how you move, sit and lie to see if we can improve posture and movement, reduce pain and increase independence.



We look at aids, exercises and activities that could help you. We can work with you at home, in a swimming pool or out and about in the community.

For more information - contact us:

	Address	<p>Community Team for People with Learning Disabilities Castlewood (Post Point 10) Tickenham Road Clevedon BS21 6FW</p> <p>Office Opening Times: Monday - Thursday 8:45 am - 5 pm Friday - 8:45 am - 4:30 pm</p>
	Telephone	<p>During Opening Times: 01934 427600</p> <p>Out of Hours: Emergency Duty Team 01454 615165</p>
	Website	<p>www.ld4u.org.uk</p>