

# oN the S.P.O.T!



The newsletter from the:

Children's Community Nurses, Speech, Physio and Occupational Therapies team

Autumn 2016

## Who are we?

Nursing	Speech and Language Therapy	Physiotherapy	Occupational Therapy
We help children with long term conditions so that their medical needs can be managed in the community and they can spend as much time at home as possible.	We can help children who have difficulties with communication and those with feeding and/or swallowing difficulties.	We can help to develop and restore movement and function when a person is affected by disability or illness.	We work with children who have a physical disability which affects their participation in everyday activities.

## Contact us

**FASTA line - To make a new referral:**

**0121 612 2010**

Therapies office:

**0121 612 2345**

Nurses Office:

**0121 507 2633**

**Other useful numbers:**

Sandwell Information & Support Service (SIAS) formerly Sandwell Parent Partnership:

**0121 565 1821**

Sandwell wheelchairs (assessments):

**0121 565 7950**

Woodisses

(wheelchair repairs):

**01902 494336**

Sandwell orthotics (footwear, AFO's, etc.):

**0121 507 2784**

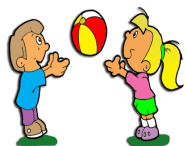
Sandwell ASSIST

**0121 569 5789**

## Hello again!

Welcome to the autumn edition of our newsletter. We hope you are all settling in to the new school year.

Each term we hope to bring you information about our service and ideas for activities to encourage your child's development, with useful hints and tips!



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## Learning Two Languages!



Many children in Sandwell live in households that speak two or more languages. Studies have found bilingual children have improved attention so are better able to focus and ignore distractions. They can be more creative, or better at planning and problem solving than monolingual children (those using just one language). It is a very worthwhile skill to have!

Learning more than one language does not cause language delay. Vocabulary in each language may be smaller to start with but the sum of the two languages will be equal to a monolingual child. They will catch up!

It doesn't matter who speaks which language, or even if you mix it up, as long as the person speaking is comfortable with the language they are using to deliver it as naturally as possible. It is important for the child to be exposed to regular and accurate experiences of both languages.

Children's vocabulary is often stronger in their first language when they are learning English as a second language.

If a child has speech and language delay it will be obvious in both languages, not just one.

You can find out about typical speech and language development here: [talking.point.org.uk](http://point.org.uk) <<http://point.org.uk>>

If you are concerned about your child's speech and language development, speak to your GP who may recommend a referral to see a Speech and Language Therapist.



## The Sensory Pathway..

Our bodies receive information through seven different pathways: sight, touch, sound, smell, taste, proprioception (our body awareness) and vestibular (sense of movement and balance.) If we have problems processing this information, it can impact on our concentration and ability to carry out daily tasks. Occupational Therapy are beginning to offer sensory support for children and families who have a diagnosis of Autism or are going through the process of diagnosis. The Sensory Pathway invites parents to attend a series of specialised sessions to help parents to explore sensory processing in more detail:

**Sensory Advice Group** — providing more information on typical behaviours seen in children with sensory processing needs

**The Alert Programme**— discussing practical strategies to help with self regulation

**Drop in sessions** — optional drop in sessions for parents requiring additional support

Sessions take place on Thursdays, at The Lyng Centre, Frank Fisher Way, West Bromwich, B70 7AW. If you would like more information or to make a self referral, please contact **0121 612 2010**. The phone line is open Monday—Thursday 9.00– 12.00 then 13.00—16.00, Friday 9.00—13.00 or during school holidays 9.00– 12.00. Please note all sessions are for adults only due to the information covered.



## Bonding with Books

**This Autumn, bring the fun back into story time with your child! You could...**



- Let your child turn the pages, and tell you what is happening in the pictures
- Ask what happens next **before** turning the next page
- Ask them to make the sounds from the story e.g. make animal noises if there are animals in the story



- Name pictures that your child points to
- Ask them to find pictures that you name or name pictures you point to
- If they say an incomplete sentence about the pictures, repeat it back to them in a complete sentence e.g. your child says 'monkey banana', you say 'Yes, the monkey is eating a banana'.
- Take your time; do not rush through the story! If your child starts chatting to you about the pictures or the story, let the conversation carry on. You may then start talking about something else, which the book made you both think of e.g. if there is a bird in the book, you and your child may talk about a bird you saw in a tree yesterday.

**All of these ideas will help to build your child's skills of learning new words, memory, understanding language and thinking skills.**

## Dates for your diary

**Coneygre Centre** 0845 352 8789

Magic Mondays 10.00—11.30

Twinkly Tuesdays 10.00 - 11.30

Sensory Tots Weds 10.00—11:30

Physical Fridays 9.45 - 11.45

**Autism West Midlands** run lots of groups and events. For more information about these phone 0121 450 7582 or see website [www.autismwestmidlands.org.uk/events](http://www.autismwestmidlands.org.uk/events)

## Care closer to home...

We have recently produced a booklet including information on where to access facilities, support groups and charities for children and young people with disabilities and learning difficulties.

Contents include: Holidays and Respite, Equipment, Activities and Sports Groups, Charities and Support Groups and Bereavement Charities.

If you would like a copy of the booklet, please ask your therapist or nurse who will be happy to provide one.



## Appointments missed

You can help us to reduce wasted costs by letting us know when you cannot attend.

DATE	APPOINTMENTS WASTED
May	110
June	104
July	117