

On the S.P.O.T!



The newsletter from the **Speech, Physio and Occupational Therapies** team

Who are we?

Speech and Language Therapy	Physiotherapy	Occupational Therapy
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.

SPRING 2015

Inside this issue

Who are we?
 Tummy Time for Tots
 Makaton Workshops
 Moving Mondays
 Fun things to do with an inset Puzzle
 Recent Achievements
 Appointments missed
 Dates for you diary

Contact us

FASTA line - To make a new referral:
0121 612 2010
 The Lyng Centre
 0121 612 2345

Other

useful numbers:

Sandwell Parent Partnership & Parent Voice
 0121 552 0047

Sandwell wheelchairs (assessments)
 0121 507 6496 (temporary number)

Woodisses (wheelchair repairs)
 01902 494336

Welcome!

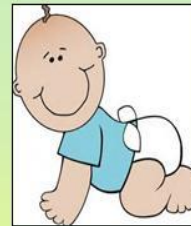
Hello and welcome to our Spring newsletter. This term we focus on the importance of 'tummy time' and other fun ways to help develop your child's communication and physical skills.

This issue includes information about the very exciting Moving Mondays group, and ideas of fun games you can play at home.



Tummy Time for Babies

- Don't be worried about putting your baby on their tummy while you're playing with them. Remember to have lots of fun!!!



Tummy to Play Every Day!!

Tummy Time:-

- Develops muscles that your baby will need to sit and crawl.
- Should be carried out as often as possible when your child is awake, happy and alert
- REMEMBER – your baby must always sleep on their back to reduce the risk of cot death.

The Association of Paediatric Chartered Physiotherapists

Makaton Workshops

Makaton Foundation Workshops, for professionals, are going to take place at:

Glebefields Health Centre, Tipton, DY4 0SN.



Dates: Tuesday 3rd March 2015
 And Tuesday 17th March 2015
Cost: £130

To book your place please contact:
 Email: childrenstherapies@nhs.net

What's happening in schools?

MOVING MONDAYS is a new pre-school group for children with disabilities which encourages physical development through lots of fun play.

Orchard School (Causeway Green Road, B68 8LD). **Mondays 1:15–2:30pm**

How to get there:

The number **49** bus runs past the school.

The number **126** bus which stops just a short walk away.



◆ Symbols2Write

Symbols to write is an amazing App that can make learning early language and communication skills easy and interactive.

Inset Puzzle FUN

- ◆ Place the pieces to the side of your child, or hold them up high. Encourage them to reach for the pieces. This helps develop your child's muscles, grasping skills and learn how much movement is needed for them to reach for what they want.
- ◆ Gather all the pieces of the puzzle. Hold up two pieces up and ask your child which one they would like e.g. 'Would you like the spider or the cat?'. If your child is able to name the items easily, offer them choices that include new words e.g. 'Would you like the scary spider or the fluffy cat?'.
◆ Puzzles can also be used to help develop your child's memory. Place a number of pieces in front of your child and prompt them to pick certain ones after you have given them an instruction. Start with getting them to remember one piece, make the game more difficult by increasing the number of pieces they have to pick.



Dates for your diary

Coneygre Centre

0845 352 8789:

- Twinkly Tuesdays - play and stay 10.00 - 11.30
- Sensory Tots - Weds mornings for children with visual / hearing difficulties
- Physical Fridays - for children with physical disabilities 9.45 - 11.45

Orchard School

0121 563 7041

- Moving Mondays- for children with physical disabilities 1:15 - 2:30

Our Recent Achievements

- ◆ A massive **CONGRATULATIONS** to Denise Charnock and Justin Drew (Speech and Language Therapists) for **WINNING** the NHS Staff Awards for Innovation!
- ◆ Well Done to the Children's Therapies team for winning the **Beacon Award for 2015!!!!**

DNA figures

You can help us to reduce wasted costs by letting us know if you cannot attend your appointment. Please call 0121 612 2345 as soon as possible if you need to change your appointment.

DATE	APPOINTMENTS WASTED	COSTS
Oct 2014	92	£9,517
Nov 2014	68	£8,481
Dec 2014	56	£6,785

Coming up in the summer issue...

- ◆ How to use 'backward chaining' to increase your child's independence.
- ◆ Baby walkers.

