



O.N the S.P.O.T!



The newsletter from the:

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

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.

SPRING 2016

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Welcome!

Welcome to the first edition of 2016 and a Happy New Year to all!



We have recently celebrated some exciting news! We are delighted to share with you that The Children's Therapies team won the SWBH award for clinical team of the year for children at the staff awards held in October 2015. Well done to everyone that was nominated!

In addition, Community based children's services has recently been rated as **outstanding** in the latest CQC report (Care Quality Commission). Well done to all those involved!



HOT TIPS if your child has a FEVER

A fever is when your child's body temperature increases beyond the normal range (36-37.5°C). You should record your child's temperature with a digital thermometer under their arm. Fever is common in children and is a sign of the body fighting infection. Paracetamol and Ibuprofen are medicines that will help your child feel more comfortable. Ask your pharmacist for advice on how to use these.

DO NOT:

- Do not try to reduce the fever by over or under dressing your child or by sponging them with water
- Do not use a strip thermometer; they are inaccurate.

DO:

- Offer regular drinks.

Get advice if:

- Your child has a seizure
- Your child's health gets worse
- The fever lasts more than 5 days
- Your child has a rash that stays when pressed with a glass



If you are concerned, seek advice from your GP or phone NHS Direct – phone 111

- www.meningitis-trust.org
- www.nhsdirect.nhs.uk
- www.nhs.uk

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) 0121 565 1821

Sandwell wheelchairs (assessments) 0121 565 7950

Woodisses (wheelchair repairs) 01902 494336

Sandwell orthotics (footwear, AFO's, etc.) 0121 507 2784



Magic Mondays



Children's therapies have recently established a group for early years children with Downs Syndrome, where they can access weekly input from occupational therapists, physiotherapists and development workers through a fun, friendly play led group. The group runs on Monday afternoons from 1.00pm until 2.30pm at : Inclusion Support Early Years & Child Development Centre, Coneygre, Sedgley Road East, Tipton DY4 8UH Please contact us at Children's Therapies on **0121 612 2345** for any more details.

The importance of good sleep...

Sleep plays a very important part in good health and well being and is particularly important for children as it supports growth and development. Studies show that a good night's sleep improves learning. Children who don't have enough sleep may be more likely to feel angry or sad or struggle to pay attention. Although the amount of sleep an individual needs will vary, with some children requiring more than others, we have included a guide in the table with the recommended amount of sleep required:

Age	Amount of Sleep required
Babies	16—18 hours a day
Preschool	11-12 hours a day
School children	10 hours plus per day
Teens	9 to 10 hours per day



For more information, including top tips for a good night's sleep, see:
<http://www.nhs.uk/Livewell/Childreassleep/Pages/bedtimeritual.aspx>

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
- Magic Mondays—for children with Downs Syndrome below school age 13.00 -14.30

Loan Library!

Children's therapies have recently set up a "Loan Library" whereby various items of small equipment (that compliment your child's therapy program) can be loaned to you at home, for a short period of time. This will enable you to trial the item to decide whether it is something you wish to purchase for your child. For more information, please speak to your therapist!



DNA figures

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

DATE	APPOINTMENTS WASTED
Oct 2015	75
Nov 2015	68
Dec 2015	37