



# oN the S.P.O.T!

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



## Who are we?

Nursing	Speech and	Physiotherapy	Occupational
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.

## SUMMER 2016

### Inside this issue

- Tips for being outdoors
- Developing Visual Perceptual skills
- Identifying Speech and Language Impairment module
- Meningitis

### Contact us

#### 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

## Welcome!

Welcome to the summer edition of oN the SPOT.

Our Physiotherapy team have recently launched a hip surveillance service for children with cerebral palsy (CPIPs). We are the only service in the country to offer this provision! If you would like any more information on CPIPs, please speak to your therapist!

Our new Loan Library is also well established now. Please contact Sue Nicholls on 07972344298, if you would like any more information.



### Top tips for the summer

While you are out walking with your child you could...

- Point out interesting things you see and name them e.g. 'look at that bird'
- Give your child your full attention (no mobile phone!)
- Ask them to hop on one leg/run a certain distance
- Ask them to count the number of steps they take
- Take it in turns to follow the leader, copying what the other person does
- Take it in turns to describe something that you see on your walk for each other to guess.
- Do nature walks, discuss creatures and plant life you see. Collect items in a basket to make pictures with at home.

All these ideas will help to build your child's language and social skills, concentration, thinking skills and physical coordination.





## Calling all GPs!!

Did you know there is now a module available to help you recognise when a child has significant speech and language impairment? The 60 minute course



'Speech and Language Impairment in Children' is available now through RCGP Learning at <http://elearning.rcgp.org.uk/>

## Meningitis and Sepsis

Meningitis and Septicaemia (Sepsis) can be hard to recognise at first as early symptoms are similar to flu and other common illnesses.

Symptoms can appear in any order, look out for:

- Fever
- Cold hands and feet
- Vomiting/diarrhoea
- Difficulty breathing
- Headache and feeling generally unwell
- In small babies the soft spot of their head (fontanelle) could be raised
- Floppy, lifeless and drowsy or stiff with jerky movements
- A high pitched or moaning cry
- Irritable, not wanting to be held/touched
- Refusing food
- Rash—this may or may not appear - but if the person is unwell and you see a rash which does not disappear when pressure is applied to it (the tumbler test) - **CALL AN AMBULANCE**



If you are concerned about your child, trust your instincts, a child with meningitis or sepsis can become very unwell, very quickly, seek medical attention immediately.

For more information, Please see; <http://www.nhs.uk/Tools/Pages/>

## Dates for your diary

Coneygre Centre  
0845 352 8789:

- Magic Mondays - for children with Downs Syndrome below school age 10am to 11.30
- Twinkly Tuesdays - play and stay 10.00 - 11.30
- Sensory Tots - Weds mornings for children with visual / hearing difficulties
- Twinkly Thursdays - play and stay 10.00 - 11.30
- Physical Fridays - for children with physical disabilities 9.45 - 11.45

## Developing Visual Perceptual skills

Visual perception is our interpretation of what we see. It enables us to make sense of the world. Activities that are great for building these skills are:

- Jigsaw puzzles
- Spot the differences
- Construction toys such as Lego
- Word searches
- Matching pairs games
- Paint/sequin by numbers
- Where's Wally?



## Bobath!

Kate Leung—Physiotherapist, has recently undertaken an advanced 8 week Bobath Therapy course to help treat children with cerebral Palsy. For more information, please speak to your physiotherapist.

## DNA figures

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

DATE	APPOINTMENTS WASTED
Jan 2016	27
Feb 2016	33
March 2016	39