

oN the S.P.O.T!

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 out of hospital 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 2017

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:

SENDIASS

Special Educational Needs and Disabilities, Information advice and Support Service

0121 555 1821

Sandwell wheelchairs (assessments)
0121 612 1559

Woodisses (wheelchair repairs)
01902 494336

Sandwell orthotics (footwear, AFOs, etc.)
0121 507 2784

Welcome!

Welcome to the summer edition of our newsletter.



We have recently said a fond farewell to Karen Mulholland (children's community nurse), Mel Humphries (early years worker) and Anna-Marie Billingham (who has a new role in Sandwell Trust as a dietetics assistant).

We have welcomed a few new members of staff to our team; Shayma Muqtadir (Speech and Language Therapist), Phillip Breen (Physiotherapist) and Kerstin Desmond (Occupational Therapist).

Sippy Business!

There are lots of options for children's cups, open cups, sippy cups and straw cups being the main choices. Although sippy cups are great at reducing spills and mess, they are unfortunately not so good with helping to develop a child's drinking skills.

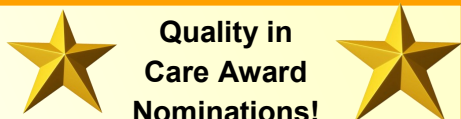


As a baby matures, so does their swallow pattern. Over-using a hard sippy spout may get in the way of that development. A sippy cup will stop the tip of the tongue touching the ridge behind the top of the front teeth. This movement is a vital part of learning a mature drinking pattern.

The next step from the breast or bottle, is to learn to drink from an open cup, held by an adult. An open cup requires more movement and control from your baby's lips, cheeks, tongue and jaw. Open cup practice can start from as early as 6 months of age. It takes a long time to develop the skills required to drink independently, so it is best to start as soon as your child is ready, with your support.

Bahr, D (2010). Nobody Ever Told Me (or My Mother) That! Everything from Bottles and Breathing to Healthy Speech Development. Arlington: Sensory World.





Quality in Care Award Nominations!

Sandwell and West Birmingham Hospitals NHS Trust are now searching to find our 2017 Quality in Care Award Winner!

Have you been pleased with the treatment, care or service you or your child have received? If you would like to nominate one of our community based staff or teams, you can do so through this link:

<https://www.swbh.nhs.uk/quality-in-care-award-nomination/>

If your nominee is successful, you will get the chance to attend the 2017 Star Awards Ceremony to see them presented with their award in person!

Dates for your diary

Coneygre Centre

0845 352 8789:

- **Magic Mondays**— for children with physical disabilities 10.00– 11.30
- **Twinkly Tuesdays** - play and stay 10.00 - 11.30 for children with speech and language difficulties
- **Sensory Tots** - Weds mornings for children with visual / hearing difficulties
- **Physical Fridays** - for children with physical disabilities 9.45 - 11.45



Summer gardening

Children love messy play and being outdoors. Gardening can be a fun activity to do together whilst teaching children about Nature.

A great way to start is by planting seeds that are quick sprouting, such as sunflower and cress seeds. Taking cuttings of herbs that you can cook with (such as Parsley) is great for children to see the benefits of garden produce!

Planting in the garden is a great way to stimulate your child's senses of touch, sight, sound and smell. Different textured soils and grass, with brightly coloured flowers and strong smells, will enrich the experience of the garden. Look for insects, birds and signs of other wild life.



It can be helpful to get a set of child friendly mini tools that children can hold by themselves. Children love to water plants. A mini watering-can help a child feel like an independent gardener whilst they develop their physical watering skills.

Remember to set aside old clothes for gardening clothes, and use sun screen and hats! Gardening can also be brought inside, with simple plant pots, compost and seeds. You may need to put down a few layers of newspaper first though!

For more gardening tips, see: <http://www.bbc.co.uk/cbeebies/grownups/7-tips-for-gardening-with-children>
<http://www.gardeningwithchildren.co.uk/school-zone/what-to-do-this-term/>

Wheelchair Services

There have been a few changes recently within the Wheelchair Service. Whilst the clinical team are still based at the Independent living Centre, our administration team are now based at The Lyng. The new **correspondence** address is:

Wheelchair Service, Lyng Centre for Health, 4th Floor, Frank Fisher Way, West Bromwich, B707AW

Professionals wishing to make new referrals should send them to the above address or preferably via email to sandwellwheelchairservice@nhs.net.

You can also contact wheelchair services on: **0121 612 1559**

All review requests should also be emailed to the generic email address.

