

# 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.

## Welcome!

Welcome to the first edition of 2017 and a Happy New Year to all! We would like to start by congratulating members of our team who have been awarded for their high standards of work and dedication. They are...

- Sue Nicholls, Assistant Practitioner, Winner of the Distinguished Service Award.
- Claire Westwood, Children's Senior Speech and Language Therapist, Winner of Equality and Diversity Champion
- Children's community nursing team, Winner of Patient Safety Award
- Amanda Geary, Group Director of Women and Child's Health, Winner of Leader of the Year



Well done to all!

## Healthy Lifestyle Drop in Sessions

**Do you think your child's weight has increased? Are you worried about your child's weight and the impact this might have?**

If you would you like some Nutritional advice and support about Healthy Lifestyle Changes, the Community Children's Nurses will be holding drop in sessions during January 2017 at

**The Meadows School , Tuesday Mornings between 10.00 to 12.00, Starting 10th January.**

The service is for children and young people who attend the following schools :

**-The Orchard School -The Meadows School**

**-Crocketts Community Focus Provision.**

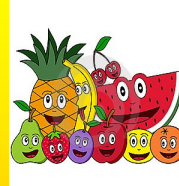
**-St Michael's Focus Provision**

**-Westminster School**

If you would like more information, please contact

Helen Whitmore, Community Children's Nurse on:

0121 544 6754



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## 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 & Disabilities, Information advice & Support Service  
01215551821

Sandwell wheelchairs (assessments)  
0121 565 7950

Woodisses (wheelchair repairs)  
01902 494336

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

## Flu Spray in Special Schools

For the second year running the Community Children's Nurses have been able to offer the nasal flu vaccination to the children and young people attending The Orchard and The Meadows Schools. Overall we achieved a vaccination rate of 70%. This is an increase in the number from last year, so we are aiming for an even better rate next year. The team won the SWBH patient safety award for our work offering the vaccination in school. Thank you to everyone who helped us achieve this. This includes our pupils who have been enthusiastic about getting it done.

For more information on the flu vaccine, please see:

<http://www.nhs.uk/conditions/vaccinations/pages/child-flu-vaccine.aspx>



### Choosing the right school bag

Studies have shown that around 30% of school age children have back or neck pain. Excessive stress on children's spines may put children at increased risk of back pain in adulthood. School children should not carry more than 10% of their body weight. For example, if a 10 year old weighs 30 kg, they should not carry more than 3 kg. This may be as little as 3 books and a lunch box.

The style of the school bag may reduce the stress on the spine, with two types of bag in particular recommended.

- A cross body bag, with a wide padded adjustable strap
- A ruck sack, with two wide padded adjustable straps and ideally a waist belt to take some of the load



The bag should be worn correctly, not suspended from the shoulder or carried by hand. The straps should be tight enough to hold the bag close to the child's body, and appropriate to the child's size.

When picking your bag up from the floor, bend your knees and squat down, lifting the bag close to your body. Stand up straight when you have your bag on your back, with your weight evenly over both feet. Don't keep your bag on while you don't need to.

Remember, strong muscles will help prevent poor posture and back pain. It is recommended that children do at least an hour of physical activity per day. Being over weight will place extra stress on the spine, hips and knees.

For more information or tips, please see:

<https://apcp.csp.org.uk> [www.backcare.org.uk](http://www.backcare.org.uk) [www.kidshealth.org](http://www.kidshealth.org)

### Dates for your diary

Coneygree Centre, Tipton.

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

### Loan Library!

Remember you can access Children's therapies', "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 or contact Sue Nicholls, on 07972344298.

