

## CHAPTER 4

### Health



Nobody told us so many people could be involved in treating our children. Someone we know counted 22 appointments in two months! Sometimes it can feel like being your child's personal manager, juggling appointments and supervising treatment at home.

Specialists tend to concentrate on just one bit of your child; speech therapists obviously focus on communication, physiotherapists on movement, and so on. This doesn't mean they're not interested in your child as a whole person, but the fact is that parents are the people who know the most about their own children. You see your child every day, you know

what treatments he or she is receiving and you know how they affect your child. You are probably the one constant figure in your child's care, and you understand them better than anyone else. With this unique knowledge, you should expect to be treated by professionals as a respected and valued partner in all aspects of your child's care. Amaze has a factsheet called "Getting the most out of appointments with health care workers" which has tips for dealing with health appointments.

In addition to looking at this chapter, you can also find information about health services for children with SEN and disabilities on Brighton & Hove's Local Offer. Visit [www.brighton-hove.gov.uk/localoffer](http://www.brighton-hove.gov.uk/localoffer).

*Every child with Down's syndrome is going to be different from every other; every autistic child is different from every other; how does a professional know exactly where your child's strengths and weaknesses are, or what exactly their comprehension level is? Tell them.*

### YOUR FIRST HEALTH SERVICE CONTACTS

Some of us knew before our babies were born that they were likely to have some sort of disability, although it wasn't always clear how severe it would be. It's a time for lots of questions: 'What treatment is there?' 'Will the baby need surgery?' 'Is it life-threatening?' 'Where can I find out more?' Many of these questions will be answered by a consultant who can talk you through what is likely to happen. Or perhaps you will be referred for extra tests to Guy's or King's College Hospital in London that specialise in, amongst other things, detailed ultrasound scans.

Sometimes our babies started life on the Trevor Mann Baby Unit at the Royal Sussex County Hospital. The unit cares for premature babies and those who may require specialist medical support when they're born. They have a counsellor attached to

the unit, who is there if you need help in adjusting to the fact that this baby isn't the one you expected or hoped for. Staff at the unit can offer you advice and support. The vast majority of us, however, will find that our child's difficulties are first picked up by us with our health visitor, our GP, or our child's school.

## Health visitors

Health visitors will often be the first professional you encounter once you've settled your new baby into your home. They visit all parents after the birth of a baby (at 10 to 14 days) and when the baby is six to eight weeks old. They will also contact or visit you when your child is one, and at two/two and a half, or if you move into an area with a child under five. They are usually based at your local Children's Centre where they also run drop in information sessions that aim to answer anything from breast-feeding queries to sleep difficulties.

It is the health visitor's job to assess the development of children under five. If, during these assessments, they decide that additional help or support is required, for you or your child, then they will plan this with you and see you more often. They call this their enhanced service. They may refer you to other professionals where appropriate – for example, the Pre-school Special Educational Needs Service (PRESENS) if your child needs specialist support for their early education. Or the speech and language therapy team if your child has difficulty swallowing. They will work with the identified professionals to make sure that your child gets the right support and that services are coordinated.

Health visitors are also a great source of general information about local groups, activities and ways of supporting your child's health and development so try and make use of their local knowledge.

There are also specialist health visitors for children with additional needs, based at the Seaside View Child Development Centre. If you have been referred to Seaside View (read more about this below), they will support you and your family and offer information about and liaise with local services.

## Your GP

Your GP may be one of the first people you discuss your child's difficulties with. They may also be the best person to ask if you think your child would benefit from seeing a specialist health professional.

It's important to keep up the relationship with your GP, even if most of your child's subsequent treatment is at a clinic. Support from GPs can be helpful if you're trying to speed up appointments or find respite care. And of course children with additional needs get ordinary illnesses, just like their brothers and sisters.

It's easy to forget that while specialist doctors are working with children similar to yours all the time, your own GP may only have a few children with additional needs in the practice. If your child has a very rare condition, they may be meeting it for the first time. A good GP will appreciate all the information that you are able to give, and respect the skills and knowledge you are sure to acquire.

Some parents, though, find it useful to have a different GP from their children, believing it gives them a better chance of being seen as an individual rather than as the parent of a disabled child. If your relationship with your GP isn't working, it's worth considering changing to another within the practice or, as a last resort, to another practice altogether. These days the easiest way to find a new GP is via the NHS Choices website ([www.nhs.uk](http://www.nhs.uk)). You can use a search facility to find all GPs in your area who are

currently accepting new patients. You can also read quite detailed reviews of their service from other patients and see an overall rating they received from patients according to key criteria. If you're not online, you should be able to find a list of local doctors at your library or the Citizen's Advice Bureau.

*When Jane was first diagnosed, and we had to go to the GP for medication and stuff, he said 'Right, now this has all been diagnosed, the Seaside View Child Development Centre take care of absolutely everything, you don't need to see me except for medication'. And that was how he treated her. And then, when she was really ill with a chest infection, we called him out and he said 'Children these days don't get chest infections!' Two days later she was in hospital and it was really serious, so we changed GPs - we had to - and we've got a really brilliant one now.*

### Your child's pre-school or school

You may find that the first you hear about your child having any difficulties is from their nursery worker or class teacher. Perhaps they're having difficulty getting along with other children at nursery or perhaps they're having trouble reading or concentrating during lessons. The teacher may get you to discuss their difficulties in more detail with the special educational needs coordinator (SENCO) or suggest your child is referred to one of the specialist services, for example the educational psychology service, for further assessment. We discuss the special educational needs process in much more detail in the Education chapter. If your child has special educational needs (SEN) to the extent that they are assessed for an Education, Health and Care Plan, this plan should include any health needs that are related to their SEN. Support for children with medical conditions in school is also covered in the 'Education' chapter.

Another person that you might talk to about your child's difficulties at this point is the school nurse. He or she can check your child's health and development and refer you to other people if necessary.

## SPECIALIST HEALTH SERVICES

Following an initial contact with a professional like your GP or health visitor, your child may then be referred to one of the following health service treatment centres for more specialist assessment and support. If it's taking too long to get an appointment or the situation is getting worse, go back to your GP or health visitor and see if they can speed up the process for you.

### Seaside View Child Development Centre

Many children will be diagnosed or assessed at the Seaside View Child Development Centre located at the Brighton General Hospital site. Seaside View is the location of the Integrated Child Development and Disability Service for children living locally.

Many different specialists are based at Seaside View, including paediatricians, social workers, health visitors, clinical psychologists, speech and occupational therapists and physiotherapists. They work together to assess children both individually and through group work, and then plan a programme of therapy and treatment.

Some children may be seen at a local child health clinic instead of at Seaside View. For pre-schoolers, an assessment may also take place jointly with staff at Seaside View and the Pre-school Special Educational Needs Service (PRESENS). You can read more about PRESENS in the 'Education' Chapter.

Parents and carers can ask any professional who knows their child to complete a referral form and send it to the team at Seaside View. When the service receives the referral form, this is taken to a team meeting. Within two weeks of this team discussion the family is sent a letter which explains the outcome of the meeting and also how the service may be able to help. They aim that children will begin their assessment within 18 weeks of a referral, although many children are seen more quickly. Parents and carers are also welcome to contact Seaside View direct for more information on 01273 265780.

### **Royal Alexandra Hospital for Sick Children**

The Alex, as many people call it, is the local children's hospital where many of our children are diagnosed as having certain medical or clinical conditions. The consultants at the hospital have their own specialist areas, for instance in the treatment of asthma, diabetes and epilepsy, but will hold joint clinics alongside visiting specialists from hospitals such as Guy's and Great Ormond Street, to get a clearer picture of your child's needs and to plan a programme of treatment. Occasionally, your child might be referred to a hospital outside this area which specialises in your child's condition.

The Alex is located in a new building on the site of the Royal Sussex County Hospital. The hospital provides inpatient and outpatient services, including intensive care and a 24 hour emergency care service. The Alex has leaflets for parents about what to expect if your child has an appointment or a stay in the hospital and its own website, [www.theroyalalex.co.uk](http://www.theroyalalex.co.uk).

### **Special dental services**

Brighton and Hove has a special community dental service for anyone who has difficulty accessing general dental services. This might be because of learning or physical disabilities, a

phobia or an ongoing health or mental health issue. They also work with children with very challenging behaviour.

Special dental services are located at Morley Street Clinic and Conway Court in Hove. The dentists who work there have extensive experience of treating patients with additional needs and are very sympathetic to patients' concerns. Appointments are considerably longer than those at High Street dentists and they will work at the child or young person's pace – for instance, an initial check-up may just be a chat if that's what the patient needs to make them feel comfortable.

Your family dentist or any other medical practitioner can refer you, or you can call Morley Street for advice on 01273 692549.

### **Educational Psychology Service**

The Educational Psychology Service is part of Children's Services. Educational psychologists (EPs) can support parents and their children up to the age of 19. If your child's difficulties are first picked up at school or pre-school they may be referred to see an EP. If your child is already known to other professionals, they may also make a referral. EPs will assess your child's developmental progress and will give advice on appropriate educational help. They will normally be able to give you a clear idea of your child's difficulties and in some cases will also refer on to other professionals for further assessment. Read more about the role of the educational psychology team in the 'Education' chapter.

### **CAMHS (Child and Adolescent Mental Health Service)**

Some children with mainly emotional and behavioural problems may be referred to the Child and Adolescent Mental Health Service (CAMHS) for diagnosis and assessment. This includes children with conditions like Attention Deficit Hyperactivity Disorder (ADHD) as well as issues like anxiety

and depression. CAMHS has a team who specialise in children's mental health including child psychiatrists, family therapists, counsellors, and play and art therapists.

If you think your child needs to go to CAMHS, it's often easiest for you to speak to your GP first and ask for a referral. You could also be referred by another professional such as a school nurse or teacher.

### **Referrals**

There is now a single point of referral for all mental health services for children and young people at the Aldrington Centre in Hove.

You may be referred via a family CAF or (Common Assessment Framework) procedure. See the 'Help with Daily Life' chapter for more information about this. However, your GP or another professional can also submit a written request for help to CAMHS. Following this request, a triage meeting of mental health workers from both community CAMHS and specialist CAMHS will review the referral and decide which (if any) of them can offer the most suitable support, depending on the complexity of the problem or how long treatment may take, for example.

There are quite a few possible options at this point. CAMHS may just give more advice and support to the professional who referred you. Or they may organise an assessment of your child's needs to establish the best course of action or future treatment. Maybe a community CAMHS worker will visit you at home. Or perhaps you and your child might be referred to a family therapist or a psychiatrist. Read more about the kind of psychological therapies on offer in the Therapies section further on. No referral should take longer than 13 weeks for the first consultation and 18 weeks for treatment.

You may also refer yourself to CAMHS on 01273 718680 but, if you do so, they'll be looking to see if you've tried other less specialist services first, such as the school nurse or your GP. For more information or for a pre-referral telephone consultation, you can contact Community CAMHS on the following area-specific numbers: 01273 293481 (East Brighton), 01273 290359 (North East Brighton), 01273 290545 (Central Brighton and Hove), 01273 294411 (West Brighton and Hove).

### **Dealing with a crisis**

For serious and sudden mental health crises, the urgent help team provide an extended daytime and weekend service, supported by 24-hour telephone advice from a Child and Adolescent Psychiatrist.

If you find yourself in this situation, during office hours contact CAMHS on 01273 718680. Outside of office hours, or during weekends or Bank Holidays please call the Sussex Mental Health Line on 0300 5000 101. You also have the option of going to A&E at the County who can refer to the emergency psychiatrist.

### **CAMHS Learning Disability Team**

This is a specialist team shared between CAMHS and Seaside View which gives additional support to families of children who have a learning disability when there is concern about their emotional wellbeing or mental health, or there is difficulty managing their behaviour. The team includes a consultant child and adolescent psychiatrist, clinical psychologists, nurses and learning disability practitioners, counsellors for parents, and a social worker/family therapist. They will develop an individual plan for your child and work closely with you.

### **Paediatric Psychological Support at the Alex**

The Paediatric Psychological Support Service (PPSS) at the Royal Alex aims to look after the mental and emotional

wellbeing of children with long term physical health conditions. The team provide advice and consultation to the medical staff on giving better psychological care to both inpatients and outpatients. They also offer some brief direct work with children, young people and their families.

If you think your child might benefit from this kind of psychological support, you can attend the monthly PPSS Parent Drop-In held on the second Monday of the month at the Royal Alex, or speak to one of the medical staff you see at the hospital for more information.

## OTHER SPECIALIST HEALTH SERVICES

### **Chailey Heritage Clinical Services**

Parents who have children with complex physical or neurological disabilities are sometimes referred to Chailey Heritage, near Lewes. Chailey Heritage is made up of two organisations: one is part of Sussex Community NHS Trust; the other is Chailey Heritage School. Chailey Heritage Clinical Services offers a range of services for children and young people. These include medical, clinical and therapy services, flexible care overnight and outreach, and rehabilitation engineering. Chailey is a highly specialised centre and will only assess children whose needs are complex enough and can't be met elsewhere.

### **Rehabilitation**

Based at Brighton General Hospital, the Sussex Rehabilitation Centre provides and adapts aids and equipment for disabled children. Artificial limbs and wheelchairs are supplied and therapy planned to match the child's needs. The engineers and therapists make home visits if necessary. More complex problems are referred on to the Rehabilitation Engineering Unit at Chailey Heritage Clinical Services.

### **Hospices**

Children who have life-limiting conditions and need nursing care, or have complex physical and medical needs, may spend time in a hospice, an environment in which they can feel safe and where the care is specialist. Hospices are bright sunny places. Parents often find the support offered is invaluable. There are two children's hospices used by local children and their families, Chestnut Tree House and Demelza House. Referrals for hospice care will normally be made by a consultant or medical professional with permission from the family but they welcome requests for help from the families themselves too.

## THERAPIES

Children who have more complex needs and difficulties may require help to learn some of the skills they will need to cope with daily living.

If parents are concerned about their child's speech then it may be necessary for the child to be referred to a speech and language therapist. Help with movement and balance can be provided by a physiotherapist and help with daily living skills can be provided by an occupational therapist.

### **Speech and Language Therapy**

Speech and Language Therapists (SLTs) diagnose and treat problems of understanding, communicating and speaking and can also help with swallowing and eating difficulties.

If you think your child has these kinds of difficulties or someone working with your child suggests that they do, you should be referred to the SLT service, with your consent. The SLT service will provide assessment, diagnosis and management of your child's communication difficulties. After an initial assessment, your child may get direct sessions with a

speech and language therapist on an individual basis or in a group. Or someone already working with your child, for example a TA at their school or their nursery worker, may get a programme of exercises or activities to use with your child.

In either case, the therapeutic programme will always be reviewed by the speech and language therapy service. Be aware that therapy will not automatically go on forever and may be put in place for a specific period of time.

Part of the SLT service focuses on children with more complex needs. This service is based at the Seaside View Child Development Centre. The help provided by the complex needs team may be given in association with PRESENS, your child's special school or unit or their mainstream school.

For further information you can contact the Speech and Language Therapy team on 01273 242079.

## Occupational Therapy

Occupational Therapists (OTs) help children develop everyday skills, such as feeding themselves, getting dressed and playing, if these are affected by physical, developmental or sensory disabilities. They will assess and treat children at home, at school or pre-school or at the Seaside View Child Development Centre.

After assessment, an OT will write a report that identifies any areas where your child needs help. This might also include advice on programmes of activity, adapting tasks to your child's ability or equipment.

Anyone can refer a child to the OT service, but the majority of referrals come from paediatricians or SENCOs in schools. All referrals go to the Seaside View Referrals Panel.

### **A word about the other kinds of OT**

There's another kind of OT, called a community occupational therapist, who is employed by social services to carry out assessments for families who need equipment and adaptations at home. Be aware that these won't be the same OTs you meet through the health service.

## Physiotherapy

Physiotherapists help with movement skills and physical mobility.

There are two paediatric physiotherapy services covering Brighton and Hove: one is based at Seaside View Child Development Centre and is generally responsible for treating children with complex needs and/or developmental difficulties; the other is based at the Royal Alexandra Children's Hospital and provides in-patient care, and out-patient care of respiratory, musculo-skeletal and rheumatological conditions, amongst others.

Treatment is always based on an individual assessment and may include an individual treatment programme, advice, provision of orthotics, or a combination of these.

At Seaside View, the physiotherapists treat a wide range of conditions, including:

- Developmental delay
- Neurological or neuromuscular disorders such as Cerebral Palsy, Muscular Dystrophy
- Congenital syndromes and metabolic diseases such as Down's Syndrome, Rett Syndrome
- Co-ordination difficulties

Though based at Seaside View, the child development and disability physiotherapy service may also visit community settings such as schools, nurseries or homes.

Children can be referred to the Seaside View service by any professional working with their child, often their GP or health visitor. Referrals to the service at the Alex should come from hospital doctors, community paediatricians, GPs and health visitors.

## Psychological therapies

If your child has mental health, behavioural or emotional difficulties they may benefit from things like play therapy, cognitive behavioural therapy or counselling. These kinds of therapies will be provided either through school counsellors, Community CAMHS workers or specialist Child and Adolescent Mental Health (CAMHS) practitioners.

The kinds of therapies Community CAMHS offer might include cognitive behavioural therapy or CBT, solution-focused brief therapy, systemic family therapy, motivational interviewing and narrative therapy. They also provide consultation for school staff, professionals and parents including some drop-in sessions. Specialist CAMHS may provide more intensive or long-term therapeutic interventions through mental health practitioners such as child psychiatrists.

There is a single point of referral to be considered for this kind of psychological therapy. See the section on CAMHS above for the way you should go about getting a referral.

## Other therapies

### **Whoopsadaisy**

This is a local charity that provides conductive education for children with cerebral palsy and other physical needs. They

organise groups according to the child's ability and age and then devise a therapy programme for each group. It's a free service, though they also run holiday play schemes for which you will need to pay.

### **Music Therapy**

Your child may be assessed as needing or benefiting from music therapy but this is not often offered. Your child's school or another service would have to choose to buy this in. You may be referred to The Belltree Music Therapy Centre, based at Ash Cottage, Woodingdean. Or you could pay for some music therapy yourself privately, if you can afford it.

### **Therapies in private practice**

If you feel your child would benefit from a particular therapy and you are in a position to pay for this privately, there are people like speech and language therapists, occupational therapists, counsellors and psychologists who work in private practice. We cannot recommend any specific people here, but if you call our helpline, we may be able to give you details of independent therapists or professionals that other parents have used.

### **Complementary therapies**

Complementary medicine includes treatments such as osteopathy, acupuncture, homeopathy, massage and aromatherapy. Some parents have found some of these treatments useful for themselves or their child. It can be difficult, though, to find out whether the practitioners have proper qualifications - often other parents are the best source of information, although some GPs have an interest in this area of medicine. Many of the established forms of complementary medicine have their own governing body or college, which can advise about finding a well-qualified practitioner.

Occasionally, some form of complementary medicine may be available under the NHS but more usually it has to be paid for



privately or using Direct Payments (see the 'Help with Daily Life' chapter for more about this). Some practitioners, however, will offer treatment on a sliding-scale of payment.

The Dolphin House Children's Clinic is a registered charity in Brighton, which offers a variety of natural therapies with a sliding scale of fees. You could also contact the Carers Centre to find out about any treatments that are currently available to carers or read about the Carers' Card in our 'Leisure' chapter - there are often discounts for complementary therapies when you have a Carers' Card

## HOSPITAL TREATMENT

### Health Passports

If your child has a condition that means they have to visit hospital or health clinics quite often, or their additional needs mean they need extra help to communicate, or they find it stressful to be in a situation that is different for them, you may find it a real help to create a Health Passport for your child. The Specialist Nursing team at Seaside View have developed this with parent carers. The passport includes details such as 'How do I show pain and how can you support me?', 'What makes me anxious' and 'How am I usually' (vital for our young people whose 'usual' may differ from that of other children) as well as information about medication, toileting, feeding and communication. It reflects the very unique nature of our children and will give health staff an instant snapshot of your child and a better understanding of their individual needs.

You can download the Health Passport from the Amaze website or call Seaside View for a paper copy. Simply fill it in and hand it to health care staff when you arrive for a planned or unplanned visit to hospital or other health care setting.

### Trips to A&E

Accidents and emergencies might happen to anyone at any time. The main high-tech A&E department for this area is at the Sussex County. The Alex has a 24 hour emergency care service for children referred by GPs or arriving via A&E.

You can't take it for granted that other A&E departments will always have qualified paediatric nurses on duty, and also, if you are away in another part of the country, your child's medical records will not be readily available. Obviously, in this situation, parents have a crucial role to play in helping staff to help their child.

*I think you can help the health service to be more useful to you. We were up at the A&E department at the County three weeks running one time, and I always find if you're in a place like that where you might have to wait a long time, it's no use just sitting there waiting and hoping your child won't have a massive tantrum. You've got to be upfront and you've got to tell them exactly why your child's got to be seen next, and they were always absolutely brilliant and got her in there really fast.*

### In-patient treatment

In our area, most children who need hospital treatment go to the Alex. Sometimes children are sent to Great Ormond Street or to other very specialised centres, where they may spend some time before returning to the Alex for their on-going care.

Children who are treated at the Alex may already have been seen by specialists at Seaside View. Staff from the two have plenty of contact with each other, and many of the nurses have years of experience of the conditions treated at Seaside View. However, everything you can do to share your own knowledge and help communications will make things easier for your

child. Amaze produces a factsheet, 'Making the best of an admission to hospital', so call us for a copy.

You should be able to stay with your child at the Alex in a bed next to theirs or in the parents' accommodation.

*You have to be very specific and say, 'Look, she really is like this', and 'No, she can't do this', and 'If you're calm, she'll be calm', or whatever. Be up front so that they know the problems - spell it out!*

### Tips for admissions to hospital

- Get a Health Passport (see above for details).
- If your child has communication difficulties, write out a guide to help the staff understand what he or she is saying. For example, if they use eye signals, how do they indicate for 'toilet' or 'ouch, that hurts'?
- Important messages that you want everybody to be aware of could be written out and taped above the bed or on the locker.
- Talk to everyone, whenever you can, to ensure that as many people as possible understand your child's needs.
- Don't forget that domestic staff may see the children more often than doctors and can be very good at making children feel secure.
- Don't assume that every member of staff knows everything about your child's condition. The information you gave the person in ENT won't necessarily have got through to the X-ray department by the time you will see them.
- Explain to other children in the ward about your child's additional needs and find out what your child would like them to know.

*It is your child, it is not the doctor's child, and if you don't like the way they're bandaging him or they're doing something that you know will*

*upset your child - even though all the other children with that syndrome are bandaged in that way - you say so, you negotiate.*

### FURTHER INFORMATION ABOUT HEALTH

In these days of access to home PCs and smart phones, many of us will spend hours Googling our child's condition on the internet. This can be enormously helpful by reminding us we're not alone and that there are families dealing with many of the same issues as us. However, it can also be time-consuming and unreliable. It's important to remember that search engines rank for relevance to your query only, they don't operate any kind of quality control, so you may find that many of the sites you are led to are old, American or trying to sell you something!

We wouldn't deter you from researching your child's condition or looking for solutions online, but we would advise you to exercise a bit of caution and common sense. If a website belongs to a large national charity or comes from a government department you can usually rely on the quality of its content and its impartiality. If you are trawling some of the smaller, more independent sites, use your common sense and take things they say with a pinch of salt.

Two safe places to start are NHS Choices ([www.nhs.uk](http://www.nhs.uk)) and Contact a Family ([www.cafamily.org.uk](http://www.cafamily.org.uk)). You can rely on the fact that their information is up to date and thoroughly checked. For further information about local NHS services, you should contact Healthwatch Brighton and Hove. If they don't have the information you need, they'll do their best to find it for you. They can also guide you through the system and assist you with sorting out problems or making a formal complaint if it comes to that. Read more about making complaints in the chapter called 'Making Systems Work for You'.

## WHO'S WHO IN HEALTH

|   |   |
|---|---|
| <b>Audiologist</b>  | Associate specialist in hearing problems  |
| <b>Audiometrician</b>                                     | Member of school health team who visits schools and assists in audiology clinics to check and review children's hearing   |
| <b>Child and Adolescent Mental Health Service (CAMHS)</b> | A multidisciplinary team of psychiatrists, therapists and others who specialise in helping children with mental health issues   |
| <b>Children's Community Nursing Team</b>                  | Works from the Royal Alex, providing nursing care and support to children who require support to remain at home   |
| <b>Clinical Child Psychologists</b>                       | Diagnose, assess and treat emotional and behavioural problems and may offer counselling for families in difficulty  |
| <b>Clinical Commissioning Group or CCG</b>                | Responsible for planning and commissioning local health services  |
| <b>Community Dentists</b>                                 | Dentists with experience of treating patients with additional needs. May also make home visits when appropriate   |
| <b>Community Mental Health Workers</b>                    | Community-based service to help children with emotional or mental health issues. Can work with children and families at home or in school. Will refer on to specialist CAMHS if appropriate |
| <b>Community Paediatricians/ Child Health Doctors</b>     | Work at the Seaside View Child Development Centre, in child health clinics or in schools. May also make home visits   |

|  |   |
|--|---|
| <b>Community Services Pharmacist</b>         | Has responsibility for ensuring that pharmacy services are provided to community healthcare units   |
| <b>Consultants</b>                           | Doctors with specialist qualifications in a particular area of medicine or surgery  |
| <b>Consultant Community Paediatricians</b>   | Have a special interest in developmental and learning difficulties and co-ordinate the care of children with these problems   |
| <b>Consultant in Rehabilitative Medicine</b> | Specialist with knowledge in artificial limbs, specialist seating, wheelchairs and environmental control systems  |
| <b>General Practitioners (GPs)</b>           | Family doctors  |
| <b>Health Visitors</b>                       | Make developmental checks on under 5s at various stages. Know about local services and support applications for childcare inclusion funding, adaptations to your home, short breaks, etc. See also Specialist Health Visitors |
| <b>Occupational Therapists (OTs)</b>         | Help children develop everyday skills, such as feeding themselves, getting dressed and playing  |
| <b>Orthotist</b>                             | Qualified to design and fit 'orthosis' (surgical appliances such as braces, callipers, etc.)  |
| <b>Paediatric Liaison Health Visitors</b>    | Health visitors based at the Alex who are children's nurse-trained and have specialist knowledge of children's conditions   |
| <b>Paediatricians</b>                        | Doctors who have specialist qualifications in all aspects of children's health and development  |
| <b>Physiotherapists</b>                      | Help with children's movement skills and physical mobility  |

**Psychiatrists**

Doctors with specialist qualifications in diagnosing and treating people with mental health problems

**School Nurses**

Work in both special and mainstream schools alongside the school doctor, and are responsible for routine health checks and giving healthcare advice and support

**Specialist Health Visitors for children with special needs**

Based at Seaside View Child Development Centre, they are available to support families and offer information about and liaise with local services

**Speech and Language Therapists**

Diagnose and treat problems of understanding, communicating and speaking and can also help with swallowing and eating difficulties