

Community Health Services Update

Occupational Therapy (OT): highlights of current offer: contact fiona.kingsley1@nhs.net

- Early writing skills Activity group work with children and their parent for 4-8 year olds. Alongside a mixed training workshop for parent and school staff on the development of handwriting skills with class and home-based strategies: sessions run every 2 months.
- Saturday football teams facilitated with Enfield Town FC for children with motor coordination difficulties who are not accessing mainstream sports and leisure opportunities. This can mean CYP are missing out with joining in at school lunchtime team sports and missing important social opportunities and exercise. Children are provided with a safe space to practice their skills, build their fitness levels and work on their confidence. The club runs for 6 weeks in each school term with 8-10 children per group aged 6-11 years. When children are ready to transition into a mainstream team, these are part of the same club making for a more seamless transfer. Children experience a sport they love with the confidence to join in school playgroup games, build confidence, fitness, develop sportsmanship and integrate in mainstream football teams. Many children have sustained friendships beyond the football ground. Baseline assessment compared to post –assessment show consistent improvement in all motor coordination skill dimensions including high satisfaction and confidence scores.
- Hypermobility groups facilitated with Physiotherapy in place for 4 weeks each month with strategies targeting school-based support.
- Speech and Language (SaLT) and OT jointly deliver session 3 of 5 on practical strategies (communication and sensory issues) as part of MAPS post diagnostic Autism Parent group. 6X Groups per year of 10 parents.
- Cycling to success with Cycle Confident for children with learning and physical difficulties who want to ride a bike. The group has 100% success rate for children being able to ride a bike without stabilisers and for those with more complex presentation successfully learn how to balance on a bike. Every Easter and summer holidays at Craig Park Unity Club. 28 children have attended the course.
- A running club is facilitated jointly by OT/PT and coaches from Lea Valley Athletics centre in half term holidays with 10 children per group.
- Independent self –care skills workshops for parents of children 3-6 years with social communication disorders. Facilitates discussion about strengths of the child and what they have already achieved – other parents can learn from successful strategies, highlighting the importance of parent led interventions. The approach is based on a parent coaching style. The topics include toileting, grooming, mealtimes and dressing.
- A swim club with a swimming instructor and OT for children unable to access mainstream swimming lessons (5-16 years) who are able to get in a pool independently. The aim is to gain confidence in the water and develop swimming skills and have confidence to transition to a mainstream swimming club or continue water-based activities. Parents are able to participate in and enjoy a leisure activity with their child. Takes place at Half terms Arnos pool.

Speech and Language Therapy (SaLT): highlights of current offer: contact judy.sleat@nhs.net

Pilot of technique to increase participation for children and young people who don't have a formal communication system.

Many of you will be aware of the work the SaLT team have been involved with to integrate the voice of children and young people into the Education Health and Care Plans using Talking Mats. Some of you may have attended a workshop on how to use Talking Mats at home at the last Our Voice conference. We have been delighted as more and more staff in schools and in health are being trained and are using Talking Mats to hear from children and young people. We will shortly be offering further parent sessions about Talking Mats through the Enfield NAS. Our next project is to evaluate methods to allow better engagement and participation for children and young people who do not have a formal communication system. Our goal is that they can have influence on their learning and play environments. We are about to start a single case-study. We will be using a similar approach to that cited in a Listening to Young Disabled Children: In the Picture (researchers Alice Paige-Smith and Jonathan Rix (2011)). During an activity we : make observations from the child's perspective, take photographs of what the child looks at, and use video to capture the young person's reactions.



I knew where to find this box of soft toys. I held SpongeBob for a few seconds and explored him, then emptied the box



I enjoyed tapping the bottom and sides of the box and listening / feeling the effects. I looked and smiled when an adult joined in tapping with me.



I enjoyed holding, watching and tapping the sand timer. I was able to stay interested for 5 minutes. Later, with help, I was able to move on from watching the sandtimer to go outside.

The photographs and videos are then shared with the young person to gain any further reactions, reviewed and discussed with parents and professionals. The goal is that children's participation will increase choice of activities and personal decision making

Dietetics: highlights of current offer: contact jasweer.singh1@nhs.net

The service is pro-actively contributing to EHCP statutory assessments. The service is embedding the voice of the child in their interventions and has recently worked with SLT to provide Child –centred consultations for children using eye gaze and high-tech devices. Joint clinics at Waverley Nursery are also being developed. The service is co-ordinating the delivery of an inter-agency, multidisciplinary 6-week programme, focused on weight management with children/young people aged 9-19years and their families, at Oaktree School.

Child Adolescent Mental Health Service (CAMHS): highlights of current offer

- Over the past year, Enfield CAMHS SCAN (Service for Children with Neurodevelopmental disorders) team have grown as a team and now have a specialist nurse, as well as psychologists and psychiatrists to support children with learning disability and autism.
- We are continuing to work closely with local schools and Cheviots to collaborate on children's care.
- We are continuing to support children and young people to remain living at home, rather than going into hospital, unless this is absolutely necessary for their safety and wellbeing.
- We are running groups to facilitate parents to learn about how to apply Positive Behaviour Support (PBS) at home and support their children using this model. We would like to keep running this group and to develop other supportive groups for parents and young people over the next year.
- We would like to develop positive and meaningful ways to involve our service users in shaping and developing our service and would welcome ideas about how to support children and young people with all levels of learning disability to do so.

Physiotherapy highlights of current offer: contact ZUCHMAN, Efrat (BARNET, ENFIELD AND HARINGEY MENTAL HEALTH NHS TRUST) efrat.zuchman@nhs.net

- **Early intervention pathway:** New pathway for under 2s to make the most of this vital time. The pathway includes clearly timed assessments to track physical progress. Intensive motor training delivered via parent-based interventions at home. This aims to facilitate parents to have the skills and knowledge to support their children's development in their own environment. At the age of two, children undergo a specialist movement assessment and plan the direction of further intervention.
- **Neuromuscular clinic:** Neuromuscular Clinic has been set up to improve physiotherapy management for over 5 years old children with neuromuscular and conditions that affect neuro-muscular function. We work closely with families, Neuromuscular Teams from other hospitals, orthotic clinic, schools, wheelchair services to deliver the best outcomes
- **Orthopaedic outreach clinic:** After successful piloting, physiotherapy are now running a joint outreach service with the royal London orthopaedic outreach team to provide input to Waverly students in the school setting. The outreach service runs once every six months supports joint working and sharing of information between the treating physiotherapist and the tertiary centre directly. It also supports families in reducing the need to travel to Royal London and reducing the number of appointments.
- **Children and Young People (CYP) input helping to shape our service:** An ex CYP was invited to the physiotherapy team meeting and asked to talk about his experience when he was a child and young person receiving intervention and help the team to understand how interventions are perceived from the CYP perspective.
- **Maximising Participation in special schools:** At Waverly school physiotherapy provision is progressing to *participation focused physiotherapy* as part of daily routine with strategies embedded as part of real-life settings to improve outcome domains for independence and safety. Physio team at Waverley school delivered whole school training on Cerebral Palsy & Physical Activity.
- **Research:** The physiotherapy team is taking part in a Ph.D. multi-site study supervised by UCL with a cohort of children and families on: Optimising parent involvement with early intervention physical therapy for their infants at risk of cerebral palsy. The study aims to understand the challenges faced by parents at the early stages of potential diagnosis and how best to support home based physical preventative interventions as part of daily routine.

Complex Nursing: highlights of current offer: contact a.pajak@nhs.net

Specialist play short breaks in the home environment for children and young people referred for continuing health care assessments. Siblings groups and activities are also held. Two bereavement groups are facilitated by our Bereavement specialist: One for children and young people 5yrs to 11yrs, and one for 11yrs up. The groups are well attended. Parental Bereavement support groups are held x4 year. Special school nurses are in post covering the 6 special schools.