

Pinpoint Cambridgeshire is a Registered Charity, No: 1156920

Parent Network Meeting – Community Health Services

Wisbech, 16 June 2016 (evening)

The Oasis Centre, Wisbech

Attendees

Parents:

Service Providers: Diane Gypps, Julie McNeill, Sharif Al-Rousi, Lizzie Hunt, Elaine Montgomery, Bekkie Cochrane, Sue Johnson, Shelley Cook

Pinpoint: Eve Redgrave, Lenja Bell

Overview

The topic for these network meetings was improving community health services. Professionals from Cambridgeshire community services (CCS) presented on the new service model 'The Flower' and answered questions on their services and how to access them. Parents worked in groups with providers from services including local authority representatives from E and P (Enhanced and Preventative services) social care, and healthwatch as well as CCS to discuss the new model for services, information on Global Development Delay and development milestones and the current sleep service, including individual sleep issues. After the group work, each provider fed back the key points which had been captured on flip chart paper and are recorded below. There was then a mini training session around sleep run by Sue Johnson and Bekkie Chochrane Health Visitor/School Nurse that included information about the service and interventions as well as a Q and A session. The parents had a chance to talk individually with each other and service providers after the session.

Feedback from group work

The Flower

- Paediatrician should see young people up to the age of 18 rather than 16.
- Transitions for 16/18+, preparations should start a year ahead.
- Update access to services including telephone updates when the child is unwilling to attend, appointments via Skype etc.
- Phone messages from professionals can be too vague and should include, name, title and what to expect.
- Professionals need to consider the whole family situation.
- Professionals need to be communicating with each other.

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- Updated directories link GPs, LA and CCS together.
- Checklists should be sent in advance so young people can be prepared.
- In transition planning there needs to be an alignment of services with social care.
- The feedback for all health services should be one system.

Development Skills Leaflet

- Additional information from Occupational therapy and SALT would be useful.
- Define what each profession does, for example fine motor skills, Occupational therapy.
- Referral procedures should be included.
- Could be available in schools/pre-schools/ 2 year check
- It is unclear who the leaflet is targeted at and what the key message is.
- Clear guidelines of what should be expected and when in addition to when there is cause for concern.
- Should be available in other languages.
- Leaflet could be used as an index to access further information.
- Including information on what could be cause for concern.
- Overlaps with previously produced information.
- No specific mention of Global development delay.
- Inclusion of a frequently asked questions sections would be advantageous.
- Clear information regarding what parents need to know in order to recognise delay rather than, 'knowing something isn't right but not knowing where to go'
- Neuro development is included but not linked with the rest of the information contained in the leaflet.
- Is the specialised/medical vocabulary necessary?
- Will this leaflet add to the information that is already available?

Sleep

- Age is not important. It is holistic stage not age approach.
- There needs to be one point of contact.
- It needs robust pathways
- A sleep monitor (for example a fitbit) can help to gain an understanding how much sleep is actually had and daily routines can be adapted depending on sleep pattern.
- Sleep cycles and sleep in the same circumstances as you fell asleep will help.
- There is not enough information for parents regarding family CAF and think families.

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Next Steps

The feedback from the group work will be collected and analysed across the five network meetings and shared with Cambridgeshire Community Services, Social care and Education services, including the Health Joint Commissioning Board. Our new 'Are You Listening to Parents' feedback form will be used to highlight the issues around Post 16 healthcare and lack of transition planning. Pinpoint will update parents on how this work is taken forward.

Sleep Mini Training Notes

Everyone has sleep cycles. Adults have cycles of around 1.5 hours whereas babies have ones of around an hour. Then we wake up. A good sleep routine needs to start with the bedroom, this needs to be associated with sleep. Put toys away at certain times to turn the room into a place of sleep rather than one of 'play'. Don't reduce the liquid intake of a child to stop them wetting at night. The bladder needs to grow and it can't do this if you reduce fluids. Brown drinks in general can effect sleep. Clear liquids are best nearer to bedtime.

Sleep solutions is a service run by Scope that can assist you

<https://www.scope.org.uk/support/services-directory/sleep-solutions-tailored-service-for-families> Also the Papworth sleep Centre <http://www.papworthrssc.nhs.uk/>

Some helpful leaflets below



17-PT_Healthy-Sleep_V5.pdf



19-PT_Sleep-in-Older-Children_V4.pdf