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Bridgewater  
Community Healthcare  
NHS Foundation Trust

# Woodview news

The Woodview newsletter for patients, parents and public.

## Dear parents, carers and partners,

I can hardly believe that we are fast approaching the end of the year! It's true to say that 2020 has been both a memorable year and a very challenging time for children, young people and their families. I would like to take this opportunity, on behalf of all staff at Woodview – Specialist Children's Services, to wish you a happy and safe Christmas with thoughts of better times ahead in the New Year.

In this newsletter edition I'm delighted to provide an update about our services during the current Covid-19 situation. We know that for many children routines have changed or been disrupted during the pandemic and this can often negatively impact on sleep patterns and routines at home. To help families, who may be experiencing disturbed night's sleep, the Neurodevelopmental Nursing team share their top tips to help! Hayley Burkes, Occupational Therapist Clinical Lead, has provided an interesting article about specialist seating assessments for children with additional needs. Finally, the "Good News" section highlights two new parent/carer information leaflets that are available on our Website home page, introduces new staff within services and describes some exciting changes at Woodview Child Development Centre building. I hope you enjoy the update and, as always, I welcome comments and feedback.

## Re-starting Services

Following the end of the first lockdown all staff returned from deployment during August and this meant that clinical services could re-start offering routine appointments. We are now arranging appointments for new and review referrals in all services including:

- Community Paediatric Service
- Diagnostic Audiology
- Occupational Therapy
- Physiotherapy
- Neurodevelopmental Nursing Team

Depending on your child's age and the type of assessment needed parent/carers will be offered a telephone, video or face to face appointment. Unfortunately waiting times for new assessments may be longer than usual due to the pandemic and we appreciate your continued support and patience. However if you have any concerns about your child's new referral or review appointment, please contact the relevant team on their normal contact telephone number or email. Whilst you are waiting for your child's appointment, support is still available from our partners in schools, nurseries, social care, health visiting and school nursing. For an excellent source of information about services please visit the [Halton Local Offer website](#).

## Halton Local Offer



## Contact us

Telephone: 0151 495 5400

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Development Centre**  
Crow Wood Lane  
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 [www.bridgewater.nhs.uk](http://www.bridgewater.nhs.uk)  
 @Bridgewater\_NHS  
 BridgewaterNHS



## What to expect when you attend a face to face appointment

If a face to face appointment is clinically required an appointment will be arranged and across all health buildings staff, patients and visitors are asked to observe government guidance:

All clinic venues have been risk assessed and measures put in place to ensure the safety of staff, patients and visitors as a priority. There will be hand sanitisers available for you to use in the reception areas when you enter and leave health buildings. When you arrive the receptionist will ask you the covid-19 screening questions:

- Does your child or anyone in the household currently have Covid-19 symptoms: a persistent cough, high temperature, a loss of taste or smell
- Is anyone in the household currently self-isolating
- Has anyone in the household travelled abroad over last 14 days

When you arrive at Woodview or another clinic, if you are not wearing a face covering, you will be given a face mask to wear. Please speak to us if you have any condition which could make it difficult for you to wear a face mask. In order to manage the number of people in the building, please do not arrive more than 5 minutes prior to your child's appointment starting. Children under the age of 11 years are not expected to wear a face mask.

During the clinic appointment the staff will be wearing personal protective equipment (PPE) that includes a face mask, apron, gloves and face shield/goggles. You may want to talk to your child and prepare them for seeing staff wearing PPE. Here's a picture to illustrate what staff look like when wearing PPE for face to face appointments.



HANDS



FACE



SPACE

To support social distancing requirements we politely ask that only one parent/carer accompanies their child into the consultation room. If a family has more than one child, with an appointment on the same day, a separate waiting area will be available for each child to wait with another responsible adult.

We appreciate that family circumstances can change quickly and often unexpectedly; we kindly ask parents/carers to ring and cancel the appointment, as soon as possible, if they are unable to attend. Children can still attend their health appointments during government restrictions; but if you are still worried about attending an appointment please contact the individual service to discuss your family's personal circumstances and concerns.

**It is very important that you DO NOT attend a face to face appointment for your child if anyone in your household has Covid-19 symptoms or is self-isolating. Thank you for helping us to keep everyone safe.**



# Specialist Seating Assessments

**There are a number of reasons why a child might need to have a specialist chair in a nursery or school setting this would include children who:**

- Can't sit upright for very long or even at all
- Are not able to join in with any table top activities without being supported
- Are not able to feed themselves at snack or meal times without support.

The Occupational Therapy (OT) team, based at Woodview, are involved with helping to assess or review children's seating needs when they are attending an education setting; there is a different OT who is involved when the chair is needed for use at home. However it's the responsibility of education to purchase the chair so that the child can join in with the expected activities in schools and nurseries.

Here's what happens when someone realises that a child might need to use a special chair:

1. A referral is sent to the OT team – they will read the referral and decide who is the best person to deal with this request.
2. The OT then arranges to meet the child and their family in order to find out what is needed. It might be that the OT already knows the child or it might be that they are meeting them for the first time.
3. The OT will also need to find out what the environment is like where the chair is needed. They have to think about the available space and layout, what the chair is going to be used for and if the setting already has any equipment that could be used.
4. Measurements are taken of the child in order to find the chair that will fit them best and measurements will be taken of the environment in order to make sure it can fit under any tables were it will be used.
5. The OT will look at how the child can already sit. This may be on a standard chair, a therapy bench, the floor or in their pushchair or wheelchair. This will help them to know how much support the child will need and which parts of their body need the support.

6. The OT will then use their knowledge of available seats and arrange for some assessments. They will need to try a number of different chairs with the child in order to find the chair that is most suitable but also the most cost effective – the setting are responsible for arranging the funding for the equipment so the OT needs to make sure it's the right one.

7. Once the OT has found the chair that is the most appropriate, they will write a supporting letter explaining why this is the best chair for that child and send that to the class or head teacher along with the quote for the equipment being recommended.

8. It's then up to the setting to arrange for purchase of the chair before the quote expires and to let the OT know when it has arrived.

9. Once arrived, the OT will make sure the chair is set up for the child and the staff know how it should be used and for what activities. They will also make sure the setting know what to do if there is a problem and who they should contact. The setting will be responsible for keeping the chair clean and safe and can contact the company directly if they have any problems.

10. The OT will then monitor the use of the chair every 6-12 months to make sure that it is still fitting correctly and still meeting the needs of the child.

As you can see there is quite a lot involved. We try to make this as speedy as possible so that the child has the best support to engage in their learning and social activities. However, there are a few points where there can be a delay: It can take time to arrange assessments with different companies, education can take time placing the order for the chair due to funding issues, once ordered the chair often needs to be built and then delivered, in some cases the company will need to come out once the chair is delivered to build it and set it up.

In all cases, the therapists work hard to achieve the best outcomes for children and they work closely with colleagues in education where a child is attending.



# Top Tips for Bedtime

**Lack of sleep can cause your child's behaviour to deteriorate not to mention the stress it can cause within a family. Here are some top tips to consider that will help your child or teenager get back into good sleep habits and routines:**

- Try to gradually return to a suitable bedtime; to return to a regular routine of going to bed and getting up at the same times
- Turn off all electronic devices at least 1-2 hours before bedtime
- Encourage your child to have a relaxing bath, warm drink or quiet time before bedtime to "wind down" – activities such as reading, colouring or jigsaws
- Avoid having drinks that could stimulate your child or teenager such as fizzy and sugary or drinks containing caffeine
- Get some fresh air and exercise during the day

Don't forget that, if you have been seen before, the Neurodevelopmental Nursing Team will accept self-referrals for behavioural or sleep advice and support for children and young people with learning disabilities and/or a neurodevelopmental diagnosis such as ADHD or autism. Don't struggle alone sometimes it just needs a conversation to help share a problem. Most consultations are currently being offered by telephone or video.



# Good News

**Congratulations to Anna Winstanley and Julie Hutchinson, senior nurses from the NDNT, for successfully completing the Mary Seacole, Leadership Course. Julie and Anna have demonstrated a commitment to core nursing values of being caring and compassionate working with children and their families; they have used this study opportunity to also improve the quality of the service the team offers. Well done!**

**Many parents may have already had contact with Caroline O'Neil, MDT Case worker, during their child's MDT assessment process. Caroline is very well respected and works consciously keeping parents and professions updated about progress with children's MDT assessments. I'm also pleased to announce that Caroline's role has been extended to also include being the Deputy Administration Manager to Joan Ward, MDT Coordinator.**

# What's New

Over the last two years all services have been working hard to improve written information for parents and carers; all our previous newsletters and leaflets are available on our website [home page](#).

Two new leaflets now available are:

- A Social Communication leaflet explaining the multi-disciplinary assessment process
  - A Weighted Blanket advice leaflet for parents/carers who decide to use this type of sensory product
- When you have a moment please take a look and let us know if this information is useful or what other information you would like us to include.

Visitors at Woodview will notice that the refurbishment is virtually completed and we hope you enjoy the refreshed look of the reception and clinic rooms. We would like to thank the Trust's charity fund for purchasing a number of child and disability friendly pictures that will really brighten up the building.

## Good to know...

Sadly the various groups we deliver (post diagnostic ADHD and autism, sensory group and MDT drop-in sessions) were all placed on hold at the start of Covid-19 pandemic in March. After getting to grips with new technology opportunities the NDNT and Occupational Therapy teams are now in a position to re-start the ADHD, autism and sensory groups from January 2021. Parents/carers who are already on a waiting list to participate in one of these groups will be contacted and invited to attend a virtual group. Thank you for your patience and understanding whilst we have developed an alternative way to deliver this service offer. The MDT information drop-in sessions haven't yet re-started but please call the MDT admin team if you would like any further information about the MDT process or other support services available.

## Welcome to new staff



I'm pleased to introduce Dr Emma Shakespeare who has been appointed the Clinical Director for the Community Paediatric Service in Halton. Emma is an experience community paediatrician and is already the Clinical Director in Warrington. Emma is looking forward to working across both boroughs and providing medical leadership to transform children's services.



Welcome to Diane Beswick who has quickly become a valued member of the Community Paediatric Administration team. Dianne has already been complimented for her friendly attitude and helpfulness.



Last, but not least, a big welcome to Charlotte Von Barga who is a newly qualified physiotherapist. Charlotte is looking forward to meeting children and families referred to the physiotherapy service.



# Happy Holidays

**Staff from Woodview Children's Specialist Services would like to wish all of our patients and families a peaceful festive season and a safe New Year!**

- 1** If you have a query regarding your child's appointment or current treatment please contact the **service** directly on 0151 495 5400, selecting the appropriate option.
- 2** If you have a query or concern regarding your child's assessment process by the multi-disciplinary team (formally known as panel) please contact our Case Coordinator **Joan Ward** on 0151 495 5400 or at [bchft.haltonmdt@nhs.net](mailto:bchft.haltonmdt@nhs.net).
- 3** For any informal complaints or queries please contact our Clinical Manager **Jane Kinsella** on 07831 118352 or at [bchft.haltonmdtreferral@nhs.net](mailto:bchft.haltonmdtreferral@nhs.net).
- 4** You can also raise a concern or make a formal complaint about any services at Woodview CDC by contacting Bridgewater Community Healthcare NHS Foundation Trust's **Patient Services Team** on 0800 587 0562 or [bchft.patientservices@nhs.net](mailto:bchft.patientservices@nhs.net)

Healthwatch provides an Advocacy service that can help if anyone needs support to raise a concern or complaint. Healthwatch Halton can be contacted on: 0300 777 6543 or [enquiries@healthwatchhalton.co.uk](mailto:enquiries@healthwatchhalton.co.uk)