

Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

Who to contact

Public Health Visiting

t: 0300 123 3444

Snapdragons Centre, Cliffe Road,
Strood, Rochester, Kent ME2 3FF

Medch.childrenscommunity@nhs.net

Our privacy notice is available at [medwaycommunityhealthcare.nhs.uk/privacy/](https://www.medwaycommunityhealthcare.nhs.uk/privacy/)

If you would like to view or request a copy of your patient record, please email medch.dataprotection@nhs.net or call 01634 334640. In most instances this service is free and we aim to provide the requested information within 1 calendar month. More information can be found by visiting:

[medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/](https://www.medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/)

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

Customer care

Please send any comments about Medway Community Healthcare services to: -

Customer care coordinator
Medway Community Healthcare
MCH House, Bailey Drive, Gillingham,
Kent, ME8 0PZ

t: 0300 123 3444

medwaycustomer care@nhs.net

All contact will be treated confidentially
This information can be made available in other formats and languages. Please email medch.communications@nhs.net

Ref: MCH 458



Safety advice

Children 2 ½ - 5 years



Medway Community Healthcare CIC providing services on behalf of the NHS
Registered office: MCH House, Bailey Drive, Gillingham, Kent ME8 0PZ
Tel: 01634 337593
Registered in England and Wales, Company number: 07275637



Home and garden

It's difficult to watch children 24 hours a day. The vast majority of accidents in the home happen to under-fives. With a few simple measures your home can be a safer place.

- Fit smoke alarm and carbon monoxide alarm if relevant.
- Keep doors leading outside locked – keep keys easily accessible to adults.
- Use safety gates.
- Keep stairs free from clutter.
- Use fire guards and radiator covers.
- Cover electrical sockets.
- Keep blind cords out of reach.
- Keep cleaning, medical and beauty products out of reach.
- Keep children away from hot appliances – ovens, kettles, hair straighteners. Keep saucepan handles turned in.
- Run bath with cold water first – always test water temperature before putting baby/child in

- Never leave a baby/child unattended in the bath. Children can drown in only 5cm(2inches) of water.
- Use safety glass or use protective covering.
- Fit window locks or safety catches.
- Lock away garden chemicals and tools.
- Fill in (make a sandpit) or cover garden ponds, empty paddling pools.
- Maintain outdoor play equipment, check safety labels, and keep away from washing lines.
- Be aware of poisonous plants and what to do in case of accidental poisoning.



- Be aware of spikey or plants with thorns and colourful berries.
- Keep back gates locked and garden fences secure.
- Never leave children unattended around BBQs and bonfires.
- Clean up animal faeces.
- Use sunscreen and hats, protecting children in the sun.
- Keep hot drinks away from babies.

Out and about & car safety

- Avoid second hand car seats.
- Fit seats according to manufacturer's instructions.
- Use correct car seat according to weight, up to date guidelines can be found at CAPT (child accident prevention trust) www.capt.org.uk or phone **0207 6083828**.
- Toddlers and children are safest travelling in the back seat.
- Never leave your toddler/child in a hot or cold car unattended.
- Always protect babies and toddlers from sun whilst in prams or buggies (use a shade).

Useful websites/numbers

Fire Safety - for free home safety advice call **0800 923 7000**.

CAPT (child accident prevention trust) www.capt.org.uk
0207 608 3828

British Red Cross – first aid courses
www.redcross.org.uk

ROSPA (royal society for the prevention of accidents)
www.rospace.com/ **012 248 2000**