

## Newsletter for Parents Spring 2024

**Spring has sprung and summer is coming.**

Are your children accessing the many clubs/sports there are in Medway?

If not take a look at Medway Go website. [www.go.medway.gov.uk](http://www.go.medway.gov.uk)

For school holiday activities throughout Medway.

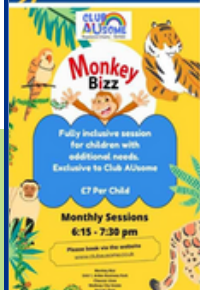
You will also find free resources for keeping the kids busy at home to play on their own or as a family. Recipe's to create for a family meal, and lots more information.

**Club AUsome offer activities term time as well as outings during the holidays. Find them on face book or [www.clubausome.co.uk](http://www.clubausome.co.uk)**




**SUPPORTING FAMILIES WITH ADDITIONAL NEEDS ACROSS MEDWAY**

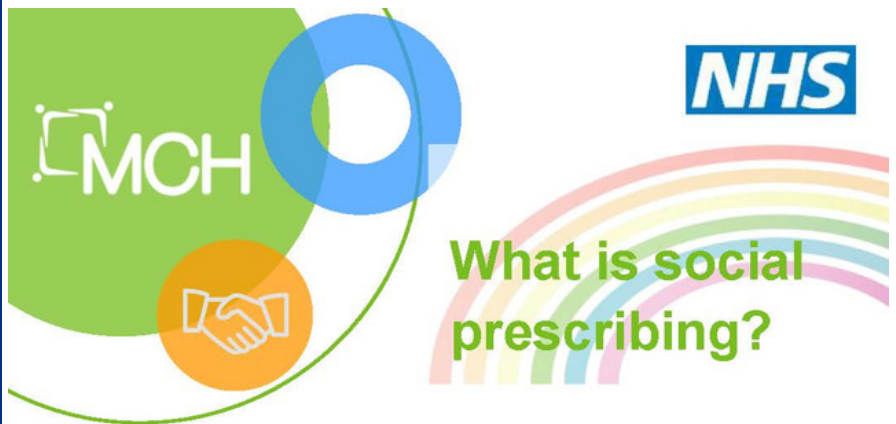






### Social Prescribing

**Do you need help with finding outside activities for your child? If your child is struggling to access clubs/sports/activities then please speak to your therapist to be referred to Social Prescribing.**



Many things affect your health and wellbeing and you may be feeling overwhelmed, isolated and lonely. This might be due to the additional stress of managing a child's long-term condition, or concerns that your child is not interacting with other children, and/or dealing with behavioural issues on a daily basis. Perhaps you feel your child's condition is holding them back from joining in sporting activities?

Social prescribing links your child's health care with social activities. Children that have health and developmental difficulties often miss out on regular fun activities because they cannot access clubs and sports easily.

#### Social prescribing may help with:

- Interacting with other children.
- Team work
- Developing social skills
- Learning a new activity
- Helping with behaviour control
- Developing listening skills
- Making friends
- Establishing routines
- Life skills
- Having Fun!

It starts with a conversation... Speak to your Therapist/Consultant/Health Visitor/School Nurse to ask about social prescribing or contact Karen Adgie on 0300 123 3444, or by emailing [karenadgie@nhs.net](mailto:karenadgie@nhs.net)

**"There to listen"**

[www.medwaycommunityhealthcare.nhs.uk](http://www.medwaycommunityhealthcare.nhs.uk)

Medway Community Healthcare are CIC  
Registered office: MCH House, Bailey Drive, Gillingham, Kent ME8 0PZ  
Tel: 01634 332593  
Registered in England and Wales,  
Company number: 07275637



COME AND JOIN US FOR  
COFFEE/TEA AND CAKE!

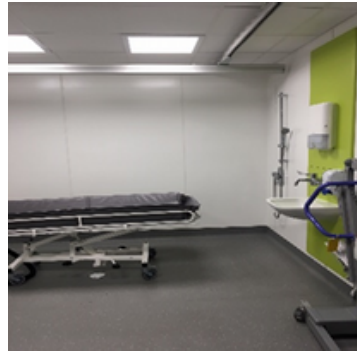
## MCH CHILDREN'S SERVICES AUTISM COFFEE AFTERNOON

MONDAY 25TH SEPTEMBER 2023 - THE MEDWAY PARENTS & CARERS FORUM  
MONDAY 27TH NOVEMBER 2023 - YOUNG AUTISTIC THEIR EXPERIENCES  
MONDAY 22ND JANUARY 2024 - EMOTIONAL WELLBEING BY LAUREN HERITAGE  
MONDAY 26TH FEBRUARY 2024 - SENSORY PROCESSING BY LEIA WILLIAMS, OT  
MONDAY 22ND APRIL 2024 - CONTINENCE BY JOHN BIRD, LD NURSE  
MONDAY 24TH JUNE 2024 - FUSSY EATERS BY DIETITIAN

12.30 TO 2.30PM  
THESE COFFEE AFTERNOONS WILL BE DURING TERM TIME  
SNAPDRAGONS, CLIFFE ROAD, STROOD,  
ROCHESTER KENT, ME2 3DL

These informal coffee afternoons are a chance to meet other families of diagnosed Autistic children in a relaxed, friendly and supportive environment.  
It's an opportunity to meet others, make connections and share experiences. You do not need to book, you are welcome to come for the whole session or just pop in!  
If you are not able to find childcare, your children remain your responsibility.

ANY QUESTIONS, PLEASE EMAIL:  
KARENADGIE@NHS.NET

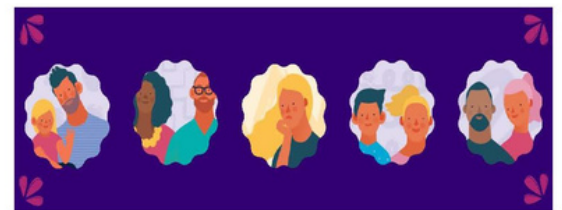



### Disability shower room

A reminder at Snapdragons we have a fabulous well equipped disability shower room. This is available for use by families who do not have suitable facilities at home or are awaiting adaptation at home. To book this please call Snapdragons Reception (01634) 333367 Available Mon – Fri 8am to 4.30pm

Please scan this QR code to watch our video on the future of the children and young people's mental health services.

There is a quick poll and some questions. We would really appreciate it if you could take the time to give us some feedback.



If you have any questions and would like to get in contact, please email: [cypmentalhealth.kent@nhs.net](mailto:cypmentalhealth.kent@nhs.net)

Together, we can

## Anxiety/Mental Health support

Young Minds – [www.youngminds.org.uk](http://www.youngminds.org.uk)

Kooth – [www.kooth.com](http://www.kooth.com)

Talking Therapies – [www.talking-therapies.nhs.uk](http://www.talking-therapies.nhs.uk)

Release the pressure – text the word KENT to 85258

## Citizens Advice Medway

Offers free, independent, confidential, and impartial advice 24/7 for whatever you're

struggling to handle. Whether that is housing, welfare benefits, employment, debt, family

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