

# Medway Community Child Health Services

## Newsletter for Parents Spring 2022

### SPRING HAS SPRUNG



We hope you have had a lovely Easter holiday – what have you got up to? We would love see any pictures or any activities you have done! Drop any arts & crafts to Snapdragons Centre.



Some things the Short Break Payments can help with:

- Merlin pass which covers lots of fun days out, for example, London eye, Sea life, Shrek adventure's, Thorpe Park, Chessington, Alton Towers and many more
- Save up the payments to pay for a Therapy Dog which costs approx.. £5,000 or any other animal
- Trampoline or Sand pit for the garden
- Pay for a taxi to the activity/ club
- After school activities
- Pay for fees Cubs/ Brownies/ Scouts and can also pay for the uniform
- Additional hours for Nursery or Child Minder

### Short Break Payments

Some Families with children and young people with SEND are likely to need additional specialist short breaks and services. For these you will need and assessment, which will address your child or young person's needs as well as your needs as a carer and those of your family.

For more information on short breaks

Phone: 01634 331 351 or

Email: [sdsadmin@medway.gov.uk](mailto:sdsadmin@medway.gov.uk)

Waiting list of approx.. 8-12 weeks.

### *FLIP OUT TRAMPOLINING*

Exclusive use £8.50 per person – includes socks

To book go to: [www.clubausome.co.uk](http://www.clubausome.co.uk)



Switch @ Snaps

A Free

Switch toy library

Please discuss with your child's clinician

(Poster in Snapdragons for more information)

### LEGO® AND ART CLUB

Held on the first Saturday of the month, 2pm – 4pm at our centre in Chatham, there is plenty of colouring, different art activities and of course lots of Lego® bricks!

This can be booked through their website:  
<https://www.nucleusarts.com/lego-art-club>



## 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.

## Helpful resources

- National Autistic Society – [www.autism.org.uk](http://www.autism.org.uk)
- Self Help for OCD - <https://www.get.gg/ocd.htm>
- Togetherall – safe community support for mental health 24/7 <https://togetherall.com/en-gb/big-white-wall>
- Dr. Lara Boyd: Plasticity and the Brains of Children (can be watched on You Tube)
- Inventing ourselves: "The Secret Life of the Teenage Brain" (available on Amazon) and The Mysterious Workings of the Adolescent Brain by Sarah-Jayne Blakemore (can be watched on You Tube)
- Out of Sync Child, recognising and coping with sensory processing disorder, by Carol Stock Kranowitz M.A (available on Amazon)
- Autism – How to Raise a Happy Autistic Child by Jessie Hewitson (available on Amazon)
- The Reason I Jump: one boy's voice from the silence of autism by David Mitchell (available from Amazon)
- Autism: A Practical Guide for Parents, by Alan Yau (Available on Amazon)

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"

