**Children, Young People and Families Community Health**

Update from Helen Tanyan and the Teams

**Who we are -**

As of April 2023, Enfield Community Services has become integrated into North Middlesex University Hospital NHS Trust. Within the community sector of North Mid, the Children and Family Service encompasses various essential components such as Community Consultant Paediatricians, Dietetics, Physiotherapy, Occupational Therapy, Speech and Language Therapy, Special School and Youth Justice Nursing, Clinical Psychology catering to children under 6 years old, Children’s Continuing Care, Specialist Play and Bereavement support, Children’s Immunisation, CYP Safeguarding, Looked After Children Nursing, and Health Visiting/School Nursing services.

Health teams collaborate within an integrated multi-agency service framework, encompassing various Council services such as the Early Years Social Inclusion team, Looked After Children services, Youth Justice initiatives, Enfield Behaviour Support Service (SWERRL), Enfield Advisory Service for Autism, Enfield Communication and Support Service (ECASS), and The Children Centres Offer.

The health therapies and nursing teams operate directly within special school premises, aiming to enhance functional skills, independence, and learning in tandem with key adults within the classroom and school environment. Paediatricians and Dieticians also conduct sessions within schools, collaborating with educators, families, GPs, and hospitals to optimise progress and ensure effective management of children's conditions.

These services cater to children and young people up to 18 years of age, or 19 years if enrolled in special education provision. Flexibility is maintained to ensure readiness for transition to adulthood, facilitating a smooth and safe transition into adult services. The focus is on a person-centered approach rather than being solely dictated by age. Sally Mordi, the Designated Clinical Officer, is prioritising an audit of transition processes between health services in special schools (including CAMHS) and adult services in 2023, aiming to enhance the journey to accessing physical and mental health support in adulthood.

Clinical leads and Care Group managers are available to offer guidance and information to families and settings when queries cannot be resolved through the Trust webpage or the Local offer on the Council website. Additionally, parents/carers have the option to directly reach out to the designated school link or the assigned health staff for the child or young person.

Detailed information about the different clinical teams and how we can support can be accessed on the Trust website [**Information about clinical services at North Mid | North Middlesex University Hospital**](https://www.northmid.nhs.uk/our-clinical-services), including the Single Point of Access referral form or the Council Local offer web page [**www.enfield.gov.uk/SEND**](http://www.enfield.gov.uk/SEND) Contact Telephone: CYP Integrated Care Administration **0208 702 3160/6741** The service operates Monday to Friday, throughout the year, with core operational hours of 9am-5pm.

**What happens after a referral -**

Referrals undergo triage by the service within 5 working days or are discussed at the Child Development Service Intake multi-disciplinary meeting. After triage, families and the referring professional will receive guidance on the subsequent steps. Upon acceptance of a referral, our aim is to provide a first assessment within 13 weeks, extending to 18 weeks for Consultant Paediatricians, unless the referral is part of an Education, Health, and Care needs assessment process, in which case assessment is expected within 6 weeks of referral. Following acceptance of most referrals, families typically receive an initial consultation either face-to-face or via video call, followed by an assessment arranged either in a clinic, within the educational setting, or at home.

**Features of Intervention -**

 For younger children, we offer parent and child-led play-based interventions that incorporate their interests. Older children and young people are encouraged to participate in goal-setting and provide their input to help prepare for outcomes in adulthood.

Once a need is identified, families receive written intervention programs and are assigned a named contact for their child’s care. We aim to deliver these programs within 4 weeks of assessing needs and setting goals. Progress on mutually agreed-upon goals is regularly monitored with parents/carers and key partners.

Individualised advice and support, including individual or group sessions led by the staff team, are offered over an agreed period to meet the child or young person’s needs. Our focus is on empowering individuals, families, and key adults to self-manage and develop independent skills to their fullest potential.

The service provides training and workshops when specialised interventions are recommended, supporting children and young people before, during, and after transitions between educational settings or Key Stages. If interventions are specified in a child or young person’s Education, Health, and Care Plan (EHCP), our service delivers them in the educational setting as outlined.

Therapists, nurses, and other health professionals contribute to annual reviews for children and young people with provisions specified in their EHCP.

Our Health Advice and Consultation clinics offer support after a child or young person has been discharged. Parents and carers can book into these clinics to clarify queries, discuss intervention strategies, or seek re-access to the service if further concerns arise.

**Working with Families -**

Parents/carers are strongly encouraged to either accompany their child to appointments or arrange for a feedback session with the therapist/clinician following a school visit, facilitating collaborative goal-setting. It is expected that families will actively engage with the team to continue their child’s or young person’s support at home. Written programs and reports are regularly shared with families, as well as with other professionals involved in supporting the child or young person. We strive to provide written reports in advance of any meetings where a child or young person’s needs and/or progress are being discussed.

Families are provided with the name of the person responsible for delivering their child’s care and details of how to contact them. Draft reports are shared with families for comments/contributions before issuing the final version.

Recognising the importance of cultural diversity, we closely collaborate with families to support communication and understanding of their child’s needs and strengths. Interpreters are utilised for families for whom English is not their first language or for families who are British Sign Language Users. We also engage education and other healthcare professionals, family support workers, social workers, and extended family members to ensure broader engagement with services for all families where appropriate.

This year, our service has actively collaborated with Turkish families to co-design and evaluate interventions tailored to meet the needs of children and young people with neurodiverse profiles such as Autism. We are also collaborating across the north central sector in partnership with providers to co-design intervention packages with Somali and Bangladeshi families, facilitating implementation and sharing of these packages across the sector.

**Highlights of work delivered in 2023-24**

Enfield Community Service has recently transitioned from Barnet, Enfield, and Haringey Mental Health Trust to North Middlesex University Hospital NHS Trust. Families will still be able to access services seamlessly, ensuring continuity of care. This transfer is anticipated to have a positive impact on assessments and interventions, as they will now be delivered more cohesively across services. We are eager to foster future collaborative working relationships and develop integrated care pathways spanning both hospital and community services.

**Physiotherapy:**

* The Me and my Baby group was developed in collaboration with the clinical psychology team to provide emotional support and a safe environment for parents of babies/toddlers with emerging complex disabilities. By bringing emotional and health therapists together, we aim to support new parents more comprehensively while addressing the various aspects they are managing during this time.
* The inspiration for this group stemmed from listening to parents share their concerns, experiences, and unique journeys, which often differed and at times proved more challenging than those of their family and friends. Parents have expressed a desire to connect with others facing similar situations, providing an opportunity to share, learn, support, and converse together.
* For further details about this group or for an informal discussion, please contact **efrat.thau-zuchman@nhs.net** .
* The toe walking clinic has facilitated a more streamlined approach to managing children referred for toe walking, ensuring an evidence-based program. Collaborative efforts with the Speech and Language Therapy Autism team have resulted in developing parental information on toe walking associated with autism, including guidance on when to consider physiotherapy referrals.
* A spinal group has been established for teenagers and young adults experiencing non-complex back pain, following physiotherapy assessment and initial management advice. This group aims to support young individuals in self-managing their back pain through exercise and educational initiatives.
* The serial casting clinic, a joint effort across neighbouring boroughs in North Central London, provides evidence-based treatment for children with very tight calf muscles. This intervention is offered to children for whom other conservative physiotherapy interventions have proven ineffective. Historically, access to serial casting has been challenging, with limited availability in local and tertiary services. However, we have successfully conducted two series of serial casting clinics, yielding excellent results such as improved ankle range of motion and walking patterns, with positive feedback from both children and parents.
* The CPIP (Cerebral Palsy Integrated Pathway) program offers regular follow-up assessments for children with (or suspected to have) Cerebral Palsy, aged between 2-5 years old. This includes the Mini Motor Clinic, which provides comprehensive assessments every 6 months in accordance with NICE Guidelines to monitor changes in joints and muscles for early detection of emerging issues requiring treatment. The program also offers clinical examinations and hip X-rays at regular intervals during childhood. Additionally, the clinic provides valuable support and clinical supervision for staff handling complex cases. While all children with Cerebral Palsy undergo the CPIP program, there has been a specific focus this year on the 2–5-year age group.
* Pre-walking and post-walking skills groups are currently in development. These groups will provide weekly access to physiotherapy input via a group setting, led by a physiotherapist and technical instructor, for a specified number of weeks.

**Occupational Therapy:**

The Occupational Therapy (OT) service has become a vital collaborator with Brunel University on Quality Improvement for Occupational Therapy, engaging in research on outcome measures and evidence-based practice.

At Durants School, a new full-time OT position has been established. We have successfully recruited for this role three days a week on a permanent basis, with another staff member trialing a placement in the school for two days. The OTs are primarily focused on providing class-based provision, working alongside teachers to address identified functional goals, thus maximising the number of students they can support throughout the week.

Additionally, two new part-time OT positions have been funded by the Local Borough Education (LBE) to enhance support within the ECAS and EASA teams, providing more comprehensive OT assistance to schools and families. Both positions have been filled. Parents of children diagnosed with Autism can seek advice and have informal chats with the EASA OT during EASA coffee mornings.

To further support schools, the OT team has introduced a new monthly hotline where schools can schedule appointments to speak with an OT for informal advice and queries regarding the OT needs of children within their school.

Several new leisure programs have been initiated, including:

* The Motor-coordination Football Club with Enfield Town FC
* Hand disability-inclusive running club with Lea Valley Athletics
* Swim Lessons with Active Enfield (offering three sessions for children with complex needs in the community)
* The Bike Club with Cycle Confidence
* The Physical Disability Football Club with Enfield Town FC
* Secondary School Motor-Coordination and Physical Disability lessons with Enfield Town FC

These initiatives aim to provide inclusive and engaging opportunities for children and young people with disabilities to participate in recreational activities and enhance their overall well-being.

The OT service actively participates in the Annual SENCO Induction and Health Forum, alongside Speech and Language Therapy (SLT), Physiotherapy (PT), Psychology (Psych), and Dietetics teams. This collaborative platform provides an opportunity to discuss pathways, referrals, and other collaborative approaches in supporting children with Special Educational Needs and Disabilities (SEND).

Furthermore, the team has strengthened its partnership with Great Ormond Street Hospital, facilitating joint splinting and botox clinics to ensure timely interventions, which remain a core priority.

Expanding our family-based programs, we now offer Independent Skills Training for families, Early Writing Skills workshops for schools and parents, Handwriting Training for schools and parents (a progression from Early Writing Skills), Post-diagnostic Workshops for parents and schools aimed at children diagnosed with Developmental Coordination Disorder, and a Self-care parent coaching group for children under 5 with social communication difficulties.

These initiatives aim to provide comprehensive support to families and schools, addressing various aspects of child development and well-being.

**Dietetics:**

A Multi-disciplinary (MDT) group has been established called Mindful Mealtimes, as joint online group sessions for parents of children with selective eating is now delivered by dietitians, psychology, OT and SLT. The training offer includes OT, SLT, Psychology and Dietitians to support the work post -Mindful Mealtimes group work.

The team have also partnered with North Central London (NCL) acute trusts to design and develop a NCL Home Enteral Feeding referral form. This will support a smooth discharge from hospital to home for enterally fed children and young people. The team have also worked with the NCL acute trusts offering insights and comments for development of blended diet protocol within the acute setting.

The team are also proud of their development of groups sessions and collaboration with the CAMHS team in delivering parent workshops for children requiring support with weight management in the primary care setting,

**Specialist Nursing:**

Two Nurses continue to work within Specialist Nursing. We have a large caseload of 31 children and young people eligible and receiving support for their continuing care needs. In the Summer of 2023, we received an influx of referrals for children and young people with behaviours that challenge most of whom met the threshold for continuing care and are in receipt of support.

We continue to work with Multi-Disciplinary Teams around the children and their families and maintain good relationships with our Partner Agencies within Social Care and SEN.

We are also now working better with our colleagues in NCL Childrens Continuing Care Teams and have implemented weekly peer reviews of all assessments and reviews, as well as meeting regularly with ICB Commissioners to review practice outcomes and input into changes in service delivery.

**Play:**

Referred CYP continue to receive play sessions every two weeks. The service has been reaching out to partner agencies and newer referrals are including older children such as children undergoing cancer care and complex needs children and young people not in school.

Our Nursery Nurse Lisa Goodridge has completed a two-year degree course and is about to qualify as a registered Play Specialist.

**Bereavement Service:**

Following the retirement of our Play Specialist and Bereavement Lead Lisa Dodd, we have successfully recruited a Bereavement Lead into the Team, Senada Gjokaj. Senada has been working with us for almost a year now and has an established caseload of CYP and families receiving posy bereavement support. Senada has also been very much involved in supporting end of life care jointly with Lisa Goodridge making memories with Families and then actioning post bereavement support.

**Sibling support and Family Events:**

Sibling support continues to be arranged and financially supported by Little Sparks Enfield, Our Charity. The latest Family event was our Christmas party for all CYP and Families to attend. We had an entertainer, games and Father Christmas was present in his grotto. It was very well attended.

Little Sparks Enfield Charity have been holding events and have some secured corporate funding. This means the Charity has purchased a cold bed and cuddle cot which allows Families to have their Children at home for a short while after they have passed away.

Also Little Sparks continues to support our annual memory day which is now held in a local woodland Park where Parents have planted trees in remembrance of their child. CYP who have passed away have their names on a plaque and a bench has been added for families to visit and spend some time there.

**Clinical Psychology:**

Integrated intervention programs are available for parents of children under 6 years old who experience a range of presenting needs such as behaviours that challenge, anxiety, eating/feeding difficulties etc, which are significantly impacting their daily lives. As part of the referral criteria, children are required to be open to either the community paediatrics team or two of the internal specialist teams (e.g. SLT, OT, dietetics, physiotherapy) at the time of referral. The clinical psychology team offers individual intervention support as well as two group support programs.

The "Beyond Behaviours" program is an online parent group workshop aiming to support families who are experiencing challenges with their child’s behaviours and emotional wellbeing. The workshop focuses on building secure attachments, understanding the underlying meaning and function of behaviours, understanding and supporting sensory needs, managing anxiety, and implementing evidence-informed strategies within daily home routines. This workshop is facilitated by the multidisciplinary team including clinical psychology, occupational therapy and speech and language therapy.

The “Mindful Mealtimes” program is an online parent group workshop aiming to support families who experiences challenges around their child’s selective and restrictive eating behaviours. The workshop focuses on building healthy routines and strategies around eating. This workshop is facilitated by the multidisciplinary team including clinical psychology, dietetics, occupational therapy and speech and language therapy.

Based on parent and partnership feedback, adjustments have been made to both group programs as well as how the team offers individual support. The programs continue to be integrated into the array of interventions available for young children who experience developmental differences.

The goal of the Clinical Psychology Service  is to provide swifter access and clinical support at the point of referral, ensuring enhanced responsiveness to the needs of families and children.

**Speech and Language Therapy:**

In the past year, there has been a notable increase in the number of children requiring appointments with Early Years Speech and Language Therapy (EYSLT). To address this, the team is implementing a new approach aimed at reducing wait times by offering parent workshops for referrals and providing screening assessments with modelled strategies and programs for cases lacking sufficient information. This strategy allows for quicker support for more families, with no referral being rejected, and individualised support being provided, which may include assistance from other services.

Additionally, the "Disrupting Exploitation" project is an innovative collaboration between health, education, social care, and The Children’s Society. This initiative aims to develop an educational curriculum to help young people with special educational needs, primarily secondary-aged, understand exploitation, associated risks, and how to access support if they find themselves in exploitative situations. The curriculum has been co-produced with young people and was launched as a pilot at the beginning of 2022, with plans to expand nationally across schools, youth centers, and mentoring services.

Furthermore, a video resource for parents who have recently received a diagnosis of autism is now available online at: [**https://www.beh-mht.nhs.uk/news/videos.htm**](https://www.beh-mht.nhs.uk/news/videos.htm)

Videos have been developed for young people and adults, particularly those with Special Educational Needs (SEN) or social vulnerabilities, to aid in understanding the process of being taken into custody and their rights and entitlements. These videos are intended for national use across England and Wales, with the goal of making them accessible in all custody suites.

Speech and Language Therapists (SLTs) have collaborated with The Metropolitan Police to provide advice on aspects of the script and video content to ensure they are more accessible to young people who may encounter the police or find themselves in situations involving the law. The Metropolitan Police is eager for these videos to be widely shared.

The videos, titled "A Journey through Police Custody in England and Wales" and "Rights and Entitlements – Police Custody Video," can be accessed on their YouTube channel via the provided link. These resources aim to empower young people with knowledge about their rights and the custody process, [**NCLCC Video Channel**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fchannel%2FUC3yY_GgyH6-cIM9DPY7JUpw&data=04%7C01%7CDuncan.Evans%40met.police.uk%7C81418beaa9d84b789f1e08da036c712a%7Cf3ee2a7e72354d28ab42617c4c17f0c1%7C0%7C0%7C637826061530663875%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=B0qM0zldbv%2FGlcQMQX6%2FzPk2UabYaRcpVWFPj653BMY%3D&reserved=0)

The mainstream Speech and Language Therapy (SLT) service is providing comprehensive training on Developmental Language Disorder (DLD) to schools in Enfield. This two-hour training package covers topics such as prevalence, identification, and strategies to support curriculum access in schools.

Additionally, the clinical lead is conducting twilight workshops, including resources, for parents aimed at enhancing their understanding and skills in supporting their children with DLD at home and in school. These workshops offer a valuable opportunity for parent/carers of children and young people diagnosed with DLD to come together in small online groups during the early evening, facilitated by a clinical lead Speech and Language Therapist.

**The objectives of these workshops include:**

* Enhancing parent/carer understanding of DLD and its implications for their child.
* Providing support and guidance on effective strategies for home-based support and managing school life.
* Creating a supportive environment where parent/carers can connect with others facing similar challenges.

For further information, please contact **eleanor.leeser@nhs.net****.** These workshops aim to empower parents and carers with the knowledge and skills needed to better support their children with DLD.

**CRS universal Pathway:**

Enfield has implemented a process to enhance inclusive access to occupational therapy, physical therapy and speech & language therapy for children aged 0-5, involving initial screening by healthcare professionals, agreement for assessment with caregivers, open triage assessment by a multidisciplinary team, decision-making regarding acceptance, offering options for assessment, and collaborative intervention planning with caregivers, aiming to provide tailored support for children's developmental needs. We are planning to go live with this on Monday 4th March 2024.

For further information, please contact **maureen.jarvis3@nhs.net**

**Feedback:**

We are eager to receive your feedback on your experience with our service. If you have already utilised our service and wish to provide feedback, we encourage you to contact us directly at the telephone number provided above. We greatly value the thoughts and views of families, children, and young people.

Alternatively, you can also email us at **beh-tr.communitycypspor@nhs.net** to share your feedback. Your input is crucial in helping us continuously improve and tailor our services to better meet the needs of our community. Thank you for taking the time to provide us with your valuable feedback.

**Sally Mordi**

**Designated Clinical Officer**

Sally has been serving as a Speech and Language Therapist in Enfield since 2011. Since November 2022, Sally has taken on the role of Designated Clinical Officer (DCO) two days a week, specifically on Mondays and Tuesdays. As a DCO, Sally facilitates joined-up working between health services, local authorities, and parent/carers.

In this capacity, Sally supports the coordination of services for children and young people with special educational needs and disabilities, assisting with planning and providing advice (including reports) to health services regarding the processes involved in education, health, and care plans.

For further inquiries or to contact Sally, please email her at **sally.mordi@nhs.net** **.**