

Oxfordshire NHS offer during Covid-19 Pandemic

Please find below information about NHS services during the pandemic and how to contact them. It is by no means an exhaustive list, more information on specific health teams can be found on their website.

Child and Adolescent Mental Health Service (CAMHS), Oxford Health NHS FT

Emotional wellbeing advice for schools

As the COVID 19 lockdown is eased and children return to school they may well present with some temporary difficulties. They may seem;

- Anxious or low in their mood
- Have problems with friendships
- May seem tired or dis-organised
- May seem sad because somebody they know had caught Coronavirus or had died.

These are **normal** reactions and understandable considering the circumstances. Evidence suggests that most will naturally recovery and adjust over time without any specialist support or intervention. This process can be helped by:

- **ENCOURAGING CHILDREN AND YOUNG PEOPLE TO TALK AND NORMALISING THEIR FEELINGS**

Ask them how they are feeling about the current situation, how it has impacted on them and their families. Encourage them to share any worries or concerns, many may discover others are feeling the same and it is helpful to realise you are not alone. This normalisation is key.

Ensure whilst they are talking, they are not circulating any of the unhelpful myths about the virus, it is important to intervene and give the facts.

- **ENCOURAGING THEM TO STAY CONNECTED**

Breaks, lunchtimes and assemblies are likely to look very different so young people may need help to stay connected with friends.

- **WATCH AND WAIT**

We expect most children will adapt well to new routines and will learn valuable lessons in how to manage their anxiety. Some may need more time. Some may need to focus on adjusting rather than their education in the short term. We may need to adapt our expectations to what can be achieved.

- **SUPPORT STAFF AND PARENTS**

It is important to note that staff and parents may need support as well, and by supporting staff and parents we can more effectively help our young people

Please look at our website <https://www.oxfordhealth.nhs.uk/camhs/> for advice and resources.

It's a crisis

If it's an emergency, phone 999. This is if your child's life or the life of another child or young person is at immediate risk.

If it's not a 999 emergency, you can dial 111 if you need help fast.

Community Services, Oxford Health NHS FT

- Health Visiting (HV) and Family Nurse Partnership (FNP)
The service continues to operate using phone or digital means where appropriate, urgent work will be prioritised.
In line with advice to manage social distancing and COVID -19, all Well Baby Clinics and Groups are now closed with immediate effect. If you have concerns or questions about the health of your child/children, please contact your Health Visitor directly using the telephone number in the red book or refer to the link to find your health visiting team contact number.
<https://www.oxfordhealth.nhs.uk/health-visitors/contact-us/>
- School Health Nursing (SHN)
The school health nurses will support medical and outreach needs as much as possible within their role and respond to each individual request in a holistic way.
Please contact the service by email SHN.oxfordshire@oxfordhealth.nhs.uk or phone and speak to a school health nurse Mobile: 07769 235 149

School-based Immunisation Programme-

All immunisations which are part of the School based programme eg Year 8 (HPV) and Year 9 (HPV, Td/IPV, Men ACWY and MMR if required) are currently suspended until further notice. Please be reassured that we are committed to ensuring that all students receive their immunisations as soon as possible.

All updates regarding the School based Immunisation Programme will be posted here when further information is available.

If you wish to speak to someone regarding your child's immunisations, please call 07769235149

- Special School Nursing (SSN)
Business as usual- the SSN team continue to work within the 8 Special Schools in Oxfordshire.
- Community Children's Nursing (CCN)

Business as usual- the service is operational, all requests and queries will be managed by a clinician, home visits will be offered if this is assessed as essential. Respite services (ROSY) continue to be offered to our vulnerable families.

- **Children's Continuing Health Care (CCHC)**
Business as usual the service continues to be operational.
Phone: 01865 904475
Email: childrenscontinuinghealthcare@oxfordhealth.nhs.uk
- **Children Integrated Therapies Service (Occupational Therapy, Physiotherapy, Speech and Language Therapy)**
The service is operational with a core team of therapists prioritising urgent work. All requests and queries will be managed by a clinician, home visits will be offered if urgent.
Email: oxonchildrens.therapies@oxfordhealth.nhs.uk
North Oxfordshire
Orchard Health Centre, Cope Road, Banbury, OX16 2EZ
01865 904435
Central Oxfordshire
Cornwallis House, Cornwallis Road, Oxford, OX4 3NH
01865 904464
South Oxfordshire
Abingdon Hospital, Marcham Road, Abingdon, OX14 1AG
01865 904 114

Adult Learning Disability (LD) service

The service continues to deliver a service with social distancing adaptations to ensure patients and staff are safe. Please refer to the service web page available via the SEND local offer for helpful resources and easy read guides relating to Covid -19.

Community Learning Disability Teams

If you live in North Oxfordshire please call 01865 903500 (during normal working hours) or email LDnorth@oxfordhealth.nhs.uk

If you live in Oxford City please call 01865 904555 (during normal working hours) or email LDcity@oxfordhealth.nhs.uk

If you live in South Oxfordshire please call 01865 903100 (during normal working hours) or email LDsouth@oxfordhealth.nhs.uk

Evenlode: medium secure inpatient unit. Please call 01865 902601, or email evenlode@oxfordhealth.nhs.uk

Community Paediatrics Service, Oxford University Hospitals NHS Trust

Question: I have no diagnosis for my child and now I am at home and no support where do I go?

If your child has been seen in Community Paediatrics previously, or was referred to Community Paediatrics before the 16th March 2020, and you are having significant and urgent difficulties, you can contact the department by emailing CPaediatrics@nhs.net or phoning 01865 231994.

Clinics for new patients and follow-up are continuing by telephone. We will shortly be piloting a professional MDA (Multi-Disciplinary Assessment) panel-based approach to autism diagnosis, for selected children. Those families will be contacted directly with more information about this. As soon as face to face assessments can resume, we will be working hard to catch up with MDA work. If your child has not been referred to Community Paediatrics and is aged 5 years or under, please contact your health visitor or GP to discuss your concerns. Observations/feedback from nursery or school are always helpful if you can arrange this. At the moment, non-urgent referrals cannot be made, but in due course these will be reactivated. If your child attends pre-school or school, staff in those settings may be able to offer support or put you in contact with other sources of support.

Question: How can I gather information to not delay a diagnosis and support?

Talk to family members about whether there have been any developmental concerns in other family members (eg delayed speech development) can be helpful in advance of a consultation.

Gather school reports/observations or reports from speech and language therapy or other professional assessments if those have happened.

If you are concerned about possible autism, looking for ideas of strategies to help from reputable sources such as the National Autistic Society (www.autism.org) may help your child and will neither "make them autistic" nor mask a significant problem to the extent of preventing a diagnosis in the longer term.

Question: Outreach and medical needs what support are we getting going forward?

Community Paediatrics is continuing to support the medical needs of children together with colleagues in the CCN team, schools, GPs and social care. Professionals or parents who have urgent concerns about a child can contact Community Paediatrics by emailing CPaediatrics@nhs.net or phoning 01865 231994 (please note this line is manned 9am-5pm Monday-Friday).