

Parent & Carer Newsletter

By Merton Lodge Surgery

About this newsletter:

This newsletter is designed to provide our parent & carer patients with some helpful advice & information about your child's health and wellbeing. There is a wealth of information out there, but it can be overwhelming and confusing when trying to understand what help & services are available to you locally. So we offer this newsletter as a go-to source of general information that parents and carers may find useful.

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Minor illness & injury

Do you know what sort of ailments Urgent Treatment Centre can help you and your child with?

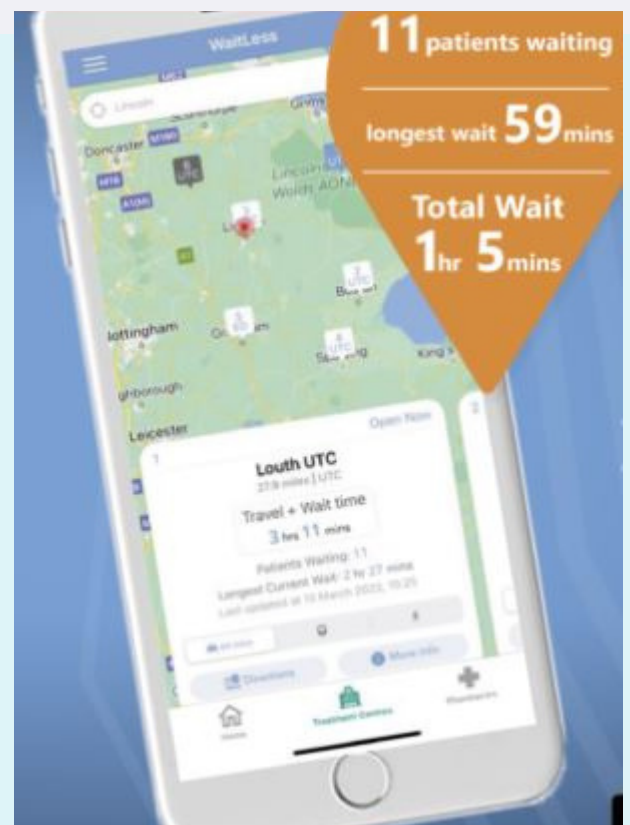
They can help with things like:

- sprains and strains
- suspected broken bones
- injuries, cuts and bruises
- stomach pain, vomiting and diarrhoea
- skin infections and rashes
- high temperature in children and adults
- mental health concerns



If you need a prescription one can be organised for you. Emergency contraception is also available.

For an up-to date list of illness and injuries that your local UTC can help with, check the WaitLess app! You can also see live waiting times across the local centres, meaning you can choose where to go, so you wait less.



WaitLess

Don't wait.
Download WaitLess now.

NHS

Avoid long wait times when you need urgent care

Health advice

NOTICE

Your child can now be seen at the local pharmacy for assessment and a prescription where required, for the following ailments:

Earache - aged 1-17 years

Impetigo (rash around mouth / nose) - age 1+

Infected insect bites - age 1+

Sinusitis - age 12 years+

Sore throat - age 5 years+

UTI - age 16 - 64 years.



All of the above can be treated with prescribed medications like antibiotics, directly from your Pharmacist - no need to contact the GP Practice!

Hand, Foot & Mouth disease is doing it's rounds just now!

Hand, foot and mouth disease is a common childhood illness that can also affect adults. It usually gets better on its own in 7 to 10 days. To find out more, scan the QR code!



Winter illness:



At this time of year there is an increase in viral and bacterial infections such as:

- Flu
- Strep-throat
- Noro-virus
- Covid-19
- Bronchitis
- Common Cold
- Coughs, RSV, Whooping cough & Croup

Noro Virus:

Norovirus, also called the "winter vomiting bug", is a stomach bug that causes vomiting and diarrhoea. It can be very unpleasant, but usually goes away in about 2 days.

The main symptoms of norovirus are:

- feeling sick (nausea)
- diarrhoea
- being sick (vomiting)
- You may also have:
- a high temperature
- a headache
- aching arms and legs
- The symptoms start suddenly within 1 to 2 days of being infected.



You should keep away from school, hospital & other care settings for 48-hours from the last episode, to avoid spreading to others. You should also wash hands regularly.

You can usually treat yourself or your child at home.

The most important thing is to rest and have lots of fluids to avoid dehydration.

You will usually start to feel better in 2 to 3 days.



How to stay well during winter:

Viral illness is more common in the winter months as people spend more time indoors, where viruses can spread more easily from person to person.

You can help to reduce the spread of infections by:

- Ventilating indoor spaces often, open a window once or twice a day for a short period to allow fresh air to circulate.
- Washing hands more often and using hand sanitiser when you are out and about in public areas.
- If you are unwell, use tissues to catch coughs and sneezes, then bin them straight away.
- Stay home if you can when you have a temperature, stomach upset or a new cough.
- Avoid visiting elderly or vulnerable people if you have a cold or stomach bug, but if you need to, stay outdoors and avoid close contact with them if you can.
- Eat well. Make sure you eat a balanced diet with lots of seasonal fruit and vegetables.
- Stay hydrated. Regular meals and hot drinks can help you keep warm.
- Have your medication on hand and stock up on over-the-counter winter medicine essentials.
- Look after your mental health, if you are run down, you can catch viral illness more easily.
- Exercise and get regular fresh air, this helps to lift your mood and it is also good for your physical health.

If you are not sure if your child is too unwell for school, we advise visiting the NHS website which provides guidance for a variety of illness', and how long children should remain away from school:

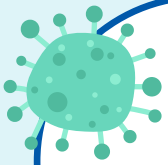
<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>



Health advice



Measles is an infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it. If you are unsure that your child has received all of their vaccines, contact us and we will advise you.



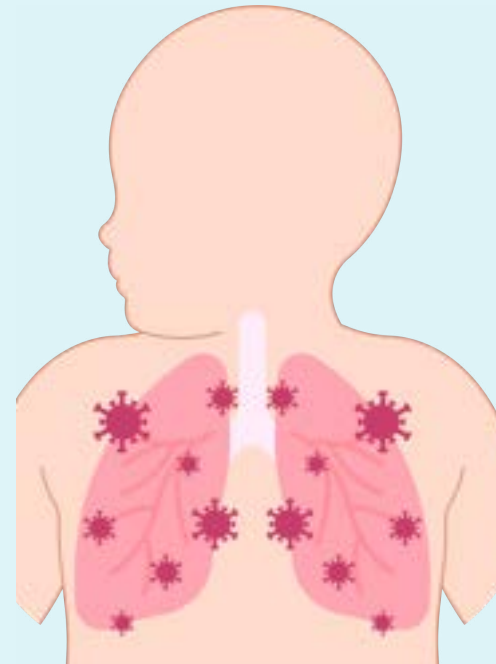
Flu vaccines will be offered in schools for most children. We will be calling all 2 & 3 year olds from September onwards, please book in when you receive your link to book. If you need to update your details, please do so asap - Thanks

Whooping cough cases are still on the rise nationally. Young babies are most at risk from serious illness and even death. Please be vigilant for the symptoms of Whooping Cough:

- Difficulty breathing
- Cough or wheeze that can occur mostly at night.
- Young infants may turn blue, purple or grey as they struggle to breathe when coughing.
- There may be thick, sticky mucus or vomiting.
- Some children & adults will make a 'whoop' sound as they breathe in but not all do this.

If you suspect Whooping Cough in an infant under 24-months old we advise you to attend **A&E** for an urgent assessment & tests (Locally, this is Boston, Lincoln or Grimsby...NOT UTC at Skegness or Louth). Your GP practice cannot test/swab under-2's for Whooping cough - this is done in hospital.

If you are worried that you or a child over 2-years might have Whooping cough, contact the practice during opening hours or call NHS 111 / attend UTC.



For more information about Whooping cough, scan the QR code:



Pregnancy & post natal



There is no cure for Whooping cough & it can be fatal to young babies who aren't old enough to start their vaccines. Vaccination in pregnancy helps to protect your baby from birth.

If you would like information on how to keep well in pregnancy scan the QR code or visit:
www.nhs.uk/pregnancy/keeping-well

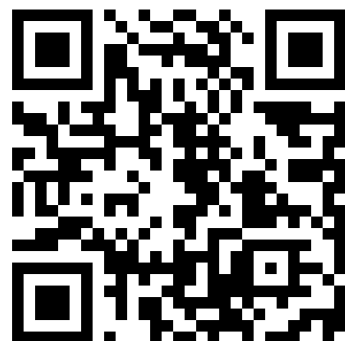
Pandas helpline is FREE & available every day between 11am - 10pm
Contact on Whatsapp: 07903 508334 or by phone: 0808 1961 776



“Postnatal depression (PND) is a type of depression that many parents experience after having a baby. It can affect any parent, regardless of whether they've suffered from a mental health condition before. Postnatal depression is linked directly to giving birth and is a common problem, affecting 1 in 10 women within a year of giving birth. It can also affect dads and partners.” *PaNDAS foundation.*

Don't forget to book your Whooping Cough vaccine from 16 weeks gestation!
You can contact the practice 24-7 online using the admin section - let us know what times & days you can come in and we will send you an appointment.

If you are worried about vaccines, please let us know so our nurses can answer any questions you might have or visit:
www.nhs.uk/pregnancy/keeping-well/whooping-cough-vaccination/
or scan the QR code below:



Pregnancy & post natal



DadPad[®]

Introducing the DadPad...

The DadPad was created because babies don't come with a set of instructions.

Developed with the NHS, the DadPad gives new dads and dads-to-be the knowledge and practical skills necessary to be able to support themselves and their partner, and give their baby the best possible start in life.

The DadPad app is available for free download for all new dads and dads-to-be in your area.

Simply enter the search term 'DadPad' into the app store of your phone/tablet and download.

Once the app is installed, enter your postcode when prompted and select your local area or hospital.

Request a hard copy
We have a limited number of hard copies that are available upon request. Scan the QR code here if you would like a hard copy and we will be in touch.

Lincolnshire Maternity & Neonatal Programme
Better Births

Follow us on: 

@dadpaduk



Lincolnshire Maternity
& Neonatal Programme
Better Births

Better Birth Lincolnshire

Visit our new website for everything related to pregnancy and babies in Lincolnshire

We would love to know what you think - please get in touch!
LICB.BetterBirth@nhs.net

 #betterbirthlincs

 Better Births Lincolnshire



betterbirthlincolnshire.co.uk



www.betterbirthlincolnshire.co.uk



Special Educational Needs (SEN)

We know that you know your child best. Are you worried about your child possibly having additional needs, a learning difficulty or developmental disorder such as Autism, ADHD, Dyslexia etc?

Are you concerned about..

- **Sleep issues**
- **Concentration or attention problems**
- **Trouble making friends and/or communicating**
- **Behavioural issues, social and/or emotional issues**
- **Delay in reaching developmental milestones (talking, walking etc)**
- **Learning difficulties**
- **Issues at school**



If you are worried about any of these things, it's always advisable to firstly ensure your child has had a recent eye test, recent dental check-up and any any highlighted concerns in relation to eye sight / dental should be addressed first (this would all be required prior to any onward referral so it may save you time to think about this now).

If you are worried about their hearing, contact your Health Visitor for pre-school children & babies, or for **school aged children** contact your GP practice team.

If you have done these checks and you are still concerned: If your child is of **school age**, your school's appointed SENCO (Special Educational Needs Coordinator) will be able to help you. Where needed, they can refer you to the appropriate hospital specialists (a paediatrician) for assessment. The school are best placed to make these referrals directly as they are able to include a full background and detailed report, which supports the requirements of the referral process and enhances the likelihood of acceptance into the service for assessment / diagnosis.

Your GP surgery does not have access to this detailed information, meaning in many cases referrals from primary care are often rejected, causing longer delays to the progress of your child's referral for help.

If your child is **not yet of school age**, we advise you contact your Health Visiting team who can also arrange to assess and refer your child as required.

SEN help & support

Lincolnshire Parent Carer Forum

Recognised and supported by the Department for Education (DfE) under the Special Educational Needs and Disability Code of Practice (2015)

LPCF is specifically tasked with working alongside the Local Authority and Health to help ensure that the services they plan, commission, deliver and monitor meet the needs of children with Disabilities and Special Educational Needs.

To visit the Lincolnshire Parent & Carer forum scan the QR code:



Visit the National Autistic Society for support and guidance for Autism including their new Diagnosis hub: “Our brand new advice hub has launched with information, practical resources and videos to support you before, during and after diagnosis.” www.autism.org.uk

The National Deaf Children’s society can offer advice and support to parents, carers and young people with hearing loss of all severities.

<https://www.ndcs.org.uk/>



Do you need free independent advice? Contact the Helpline

 **0808 800 8880**

Monday to Thursday 9am – 5pm and Friday 9am - 12:30pm
Free from all UK landlines and major UK mobile providers

 **0786 00 22 888 (SMS)**

Monday to Thursday 9am – 5pm and Friday 9am - 12:30pm
Texts are charged at your standard network rate or taken from your monthly allowance

 **SignVideo**

Monday to Thursday 9am – 5pm and Friday 9am - 12:30pm
Contact us by making a free video call with a BSL interpreter



Toileting Support

Toilet training and problems going to the loo for a wee or a poo can be frustrating, upsetting, and hard to manage for both parent and child.

You are not alone, there is lots of help and support available.

You can talk to your health visitor or your child's school for help and support to start with, but another great resource is ERIC...

ERIC is the national charity dedicated to improving children's bowel and bladder health. Their mission is to reduce the impact of continence problems on children and their families. The ERIC website is packed full of easy to follow advice and guidance, handy videos and a **FREE** helpline!



Is your child struggling with toilet training, toilet anxiety, holding themselves, incontinence? Head to www.eric.org.uk for advice and support.



Children's Mental Health and Wellbeing



Healthy Minds Lincolnshire:

0800 234 6342.

www.lpft.nhs.uk/young-people/lincolnshire/home

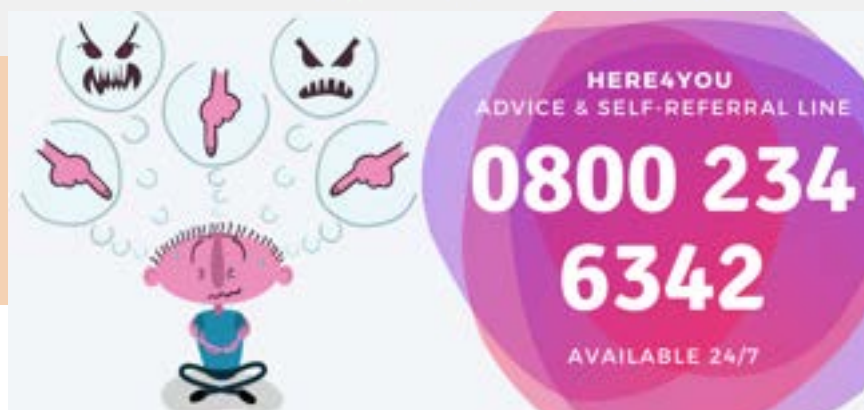
Available 24/7

Who are we?

Healthy Minds Lincolnshire provide emotional wellbeing support for children and young people up to 19 years old. If you have a special educational need or disability or are a care leaver we can see you up to the age of 25.

Everyone at some point might find it hard to cope with how they are feeling or what is happening in their life. Healthy Minds Lincolnshire provides early support when you start to feel that life is getting out of control and you need some help to cope.

Our teams are made up of a variety of professionals. All staff are referred to as HML Practitioners and have a nursing, social work, counsellor, teaching, or mental health background.



Here4You Line

You can call our Here4You Line on [0800 234 6342](tel:08002346342) to speak directly to one of our practitioners who will talk through how you are feeling, and explore if any of our services may be able to help. Please note the Here4You line is open for self-referrals between the hours of 9:00am-4.30pm- excluding bank holidays.

Please visit our [Meet the Team page](#) to see and learn more about who you may be speaking to.

Your GP Practice information

At Merton Lodge Surgery you can request any kind of help from the practice for yourself or your child online, by visiting www.alforddocs.co.uk and clicking the green banner which says 'contact us online'. You don't need a log-in!

Admin enquiries like booking vaccines, asking for test results or a repeat prescription etc are available 24-7.

If you need medical advice or a GP/ANP appointment then you can send your request from 7.30am until our capacity is reached.

Have you thought about joining our PPG?

The surgery has an active Patient Participation Group who meet monthly with the practice team. We would benefit from some of our parent patients joining to share your views and shape how we deliver services.

You'd need to spare a minimum of an hour a month to attend the meetings but if you would like to join please visit:

www.alforddocs.co.uk/patient-group/join-ppg

Want to give feedback about this Newsletter?

We would love to hear your thoughts & suggestions of topics you would like to see, information you think would be useful or details of any local events or groups etc that you feel we could raise awareness about.

Scan the QR code or visit:

www.alforddocs.co.uk/patient-group/friends-family-test



Useful Contacts:

Health visiting team: 01522 843000

School vaccine team: 01522 514814

Home-school vaccine team: 01522 572950

Midwifery Team Louth: 01507 631210

Midwife New Bookings Team: 01507 631210

Alford Children's Centre: 01507 463218

Alford Hub Uniform & Baby Bank: 01507 464901

Alford Pharmacy: 01507 463298

Pandas Helpline (Post Natal Depression): 0808 1961 776

Lincolnshire Here4You: 0800 234 6342

Gloji One You NHS family weight loss service: 01522 705162

Alford Store house Church

(food bank, soft play, play groups etc):

www.thestorehousechurhalford.org.uk

or 01507 462990 or Scan the QR code.

