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## Welcome to Summer Add-On News - Health Focus

A special welcome to our new Add-On members from Christchurch!

The Local Offer has now expanded to include Christchurch activities and services. If you know of anything that should be on the Local Offer website please get in touch.

If you live in Christchurch and were a member of the Xchange, you should have received an email about your MAX card. If you haven't contacted us yet, please [email us](#) - your MAX card is waiting for you.

In this issue, find out about the services that can support your child's health at various stages of their life. [Diabetes Week](#) happens in June and this term's parent journey features Joshua with Type 1 Diabetes.



[Go to the Local Offer](#)

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## Type 1 Diabetes: Joshua's story

Joshua was diagnosed with Type 1 Diabetes when he was five years old. Joshua's mum tells the story of how and when he was diagnosed, how their lives changed and the challenges they have faced - coping with injections, managing insulin pumps, and now the teenage years. Find out about the people and services that support Joshua to ensure he stays healthy and enjoys life....

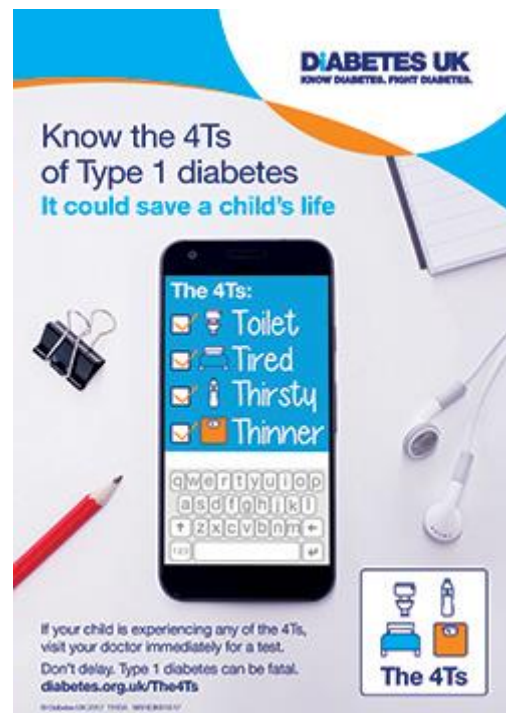


### Joshua's story...

## Type 1 Diabetes: Spotting the signs

An estimated 2,000 children a year in the UK develop type one diabetes, caused by their bodies being unable to produce insulin, which is needed to regulate blood sugar. Without insulin, the body starts to break down proteins (found in muscle) and fats, and toxic by-products build up in the bloodstream, potentially leading to Diabetic ketoacidosis (DKA) which is life threatening.

Symptoms of Type 1 diabetes include excessive thirst, tiredness and lack of energy, frequent passing of urine, and weight loss. Look out for the 4Ts – toilet, thirsty, tired and thinner!



### Diabetes support and information

## Your Health Visitor

If your child has a disability or additional health need you will have a named health visitor until your child reaches the age of five. Paediatric Nurses also work closely with the Health Visiting Team supporting families before, during or after diagnosis. As your child approaches school age, the health visiting team will review your child's health needs in preparation for starting school and handover to the school nursing team.

Health Visitors see families in their own homes and in other community places such as GP practices and Children's Centres.



[Find out more about the Health Visiting Service](#)

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## Your School Nurse

Every school has a named school nurse, who maintains regular contact with their school to promote healthy lifestyles and offer practical advice, information and support.

The school nurse provides a range of services such as health screening, immunisations, hearing tests, staff training to deal with epilepsy and allergic reactions and also signposts to specialist services such as CAMHS, audiology, speech and language therapy, and sexual health service.

**NHS**  
Dorset HealthCare  
University  
NHS Foundation Trust

**School Nursing Service**

Contact details  
for your local  
School Nursing  
Team:



[Find out more about the School Nursing Service](#)

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## Child and Adolescent Mental Health Service (CAMHS)

[CAMHS](#) provides support to children and young people who are coping with significant mental health difficulties.

Designed by Dorset HealthCare in partnership with young service users and their families, the [new CAMHS website](#) is a one-stop-shop for anyone needing help and advice with stress, anxiety, eating disorders and other mental health issues.

As well as signposting young people to support, there are also sections for parents and carers, as well as professionals, including how to make a referral.



[Visit the CAMHS website](#)

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## Transition to Adulthood - 'Time to Talk' event: Sat 13 July

In response to feedback from parents and carers, the focus of the next Time to Talk event will be the transition to adulthood for young people who have SEND. This will include discussion around mental capacity awareness, transition assessment, adult social care criteria and the Local Offer.

Steve Clarke (Designated Clinical Officer – Dorset Clinical Commissioning Group) and a representative from Adult Social Care will be at the event and available for questions.



If you are a parent, carer or young person with SEND, please join us on Saturday 13 July from 9.30am to 12pm (arrival 9.15am) at Henry Brown Youth Centre, Cunningham Crescent, West Howe, Bournemouth, BH11 8DU.

A complimentary crèche is available and there will be free activities for older children (booking essential). To book your place on the event, please call 01202 262009 or [email us](#).

[Find out more](#)

## **EHCPs - Feedback from 'Time to Talk' - 2 March 2019**

Thank you to parents and carers who came to the Time to Talk Q&A session on 2 March which focused on Education Health and Care Plans (EHCPs), including the role of health and the Graduated Response. Find out more about what was discussed at the event...



[Feedback from Time to Talk 2 March 2019](#)

## **Post 16 Graduated Response - now available online**

The Graduated Response sets out how a college or provider can implement support to young people. Every young person is different and so using this approach means the individual and their range of needs are considered when deciding how best to support them.

[Post 16 Graduated Response](#) is available on the Local Offer website alongside [Early Years Graduated Response](#) and [School Age Graduated Response](#).



[Post 16 Graduated Response](#)

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## Parent Carers Together - join the new forum

Parent Carers Together is a voluntary group of parents and carers of disabled children who are working together to make sure the services in the local area meet the needs of children and young people with SEND and their families. The forum needs lots more parents to get involved to help gather views and highlight where services, processes and commissioners are working well or challenge when improvements need to be made.



**PARENT CARERS TOGETHER**



**Bournemouth Christchurch Poole**

[Join Parent Carers Together](#)

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## Make the most of your MAX card

MAX card can be used to gain discounts at hundreds of attractions over the UK.

Besides all the fun days out - theme parks, bowling, soft play, boat trips and more - you can also gain discounts on holidays at Butlins and Haven.



[Search MAX card attractions](#)

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## The SEND Local Offer - website for parents and carers

The SEND Local Offer provides information on local services and activities for children and young people aged 0-25 with Special Educational Needs and Disabilities (SEND).



[Go to the Local Offer](#)



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