

# St Oswald's Children and Young Adults Service

Referral Information for Health and Social Care Professionals in the North East

St Oswald's Children and Young Adults Unit provides **specialist residential short breaks and palliative care** for children and young people who have progressive health conditions that are likely to result in shortened life expectancy, or are currently experiencing a life threatening episode.

All of the children and young people have high care support needs and require supervision from registered nurses. Many of the conditions cause progressive deterioration and the child or young person may need increasing support for complex health, social, emotional and spiritual needs. Some of the children or young people will need care and support at the end of their lives.

## Criteria for specialist short breaks

It is the holistic health and social care assessment of a child's needs that will identify **which** children have requirements, at that point in their life, that are best matched with the specialist short break service at St Oswald's (i.e. **the criteria are not solely based on the 'medical diagnosis' alone**). Not all children with a 'diagnostic label' of a life shortening or life threatening condition will access planned residential short breaks at St Oswald's, as at times local services are able to meet their needs.

### Summary of criteria:

- ✓ The child has a progressive health condition that is likely to result in a shortened life expectancy or is experiencing a life threatening episode
- ✓ A holistic health and social care assessment identifies the child's need for a specialist residential short break service
- ✓ The child needs supervision from registered children's nurses
- ✓ The child's need for planned residential short breaks cannot be met by other services in his/her local area
- ✓ Age range of birth up to 25 years
- ✓ The child lives in Northumberland, Newcastle, Gateshead, North Tyneside, South Tyneside, Sunderland or Durham City, Chester-le-Street and Derwentside. Referrals for children and young people from other areas will be considered on a case by case basis, in consultation with commissioners from the relevant areas.

The multi disciplinary team at St Oswald's works in partnership with families and other agencies in the community and hospitals to focus on the 'quality' of a child or young person's life and on support for the whole family. As a specialist service, it also aims to complement and be a part of the range of services that children, young people and their families access in their own area.

The Children and Young Adults Unit is approximately three miles from Newcastle city centre and has been designed to deliver high-quality, family orientated services for children and young people who have complex health and social care needs and physical disabilities. The team aim to provide a safe and comfortable environment in which children, parents and carers are able to have fun and have a break, as well as speak about their feelings and support each other. Sometimes this means a family having a break together and sometimes children and young people choose to have a break on their own to 'chill out' and meet new friends.

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We feel it is important to respect children and young adult's privacy so each child has his/her own bedroom. This is where their personal care takes place.

At St Oswald's we can meet the needs of each individual child or young person. For those approaching the end of life we can provide care and support, in a home-from-home environment, including symptom management and pre and post bereavement care for families. Facilities are available to enable parents and close family to stay with the child or young person during this time.

Although we are not a hospital, we have the skills and experience to look after children during times of illness throughout their short break stays. As a 24/7 specialist service we are able to clinically assess children during this time. This enables us to manage a range of symptoms including seizure activity, pain and vomiting. During a stay we can take the opportunity to monitor and review the progress of for example, new feeding regimes both enteral and parenteral, physiotherapy programmes. We are also able to look after children who have, for example, nasogastric or gastrostomy feeding, or who need breathing support or tracheostomy care.

## What can children and young adults do during their stay?

Children enjoy the many facilities in our purpose built unit, as well as in our outdoor playground. We have arts, crafts and games for all ages and abilities, a wet play area, cooking, DVDs, games consoles and PCs. All of our computers are equipped with email and internet access. We also have an interactive sensory room and a music therapist. Social activities include the opportunity for the child or young person to take part in trips out to the cinema, petting zoo, ten pin bowling, shopping and other places of interest.

## Assessment and referral pathways - for under 18's only

We have worked with partner agencies in social care and health to develop the assessment and referral pathways to our service. We have designed a model that includes a local entry point in each area for all enquiries and referrals. Also, instead of St Oswald's setting up separate systems, the model maximises on the current statutory sector assessment processes. Therefore it is the local shared health and social care assessment of the needs of the individual child or young person that will identify children, young people and their families who need the services of St Oswald's.

The service will be one part of a child's package of care and the need for the specialist short breaks will be reviewed on a regular basis.

### How to Refer

To refer a child or young person for a health and social care assessment of the need for short breaks, including specialist breaks at St Oswald's, please contact the relevant Pathway Coordinators, as detailed on page 3.

If you are considering referring a child or young person for palliative care, or end of life care please contact St Oswald's directly and ask to speak to a member of the care team to discuss the case. You must **also** contact the Pathway Coordinator to discuss the referral.

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## Pathway Coordinators

### Newcastle

Jocelyn Thompson, Community Matron  
Children's Community Nursing  
Tel: 0191 282 3450/1  
Email: Jocelyn.Thompson@nuth.nhs.uk

Isobel Charleton, Team Manager  
Children's Hospital Social Worker  
Tel: 0191 282 5334  
Email: Isobel.charleton@newcastle.gov.uk

### Gateshead

Lesley Thompson, Team Leader  
Disabled Children's Team  
Tel: 0191 433 3574  
Email: lesleythompson2@gateshead.gov.uk

Lesley Thompson  
Tel: 0191 433 3574

### Northumberland and North Tyneside

Graeme Mitchell-Curry  
Clinical Lead Community Nursing  
Tel: 01670 546 079  
Email:  
Graeme.mitchell-curry@northumbria-healthcare.nhs.uk

### Northumberland

Doris Ross, Team Manager  
Disabled Children Team  
Tel: 01434 603 582  
Email: doris.ross@northumberland.gov.uk

### North Tyneside

Anne Cassidy, Manager Disabled Children  
Tel: 0191 643 4151  
Email: anne.cassidy@northtyneside.gov.uk

### South Tyneside

Maureen Lambert, Senior Practitioner  
Tel: 0191 424 4421  
Email:  
maureen.lambert@southtyneside.gov.uk

### South Tyneside

Anne Fearon, Specialist Health Practitioner for Children and Young People with Additional Support Needs  
Tel: 0191 402 8059

### Sunderland

Elizabeth Mitchell, Children's Team Manager,  
Services for Disabled Children  
Tel 0191 561 3171  
Email: elizabeth.mitchell@sunderland.gov.uk

Jill McDermott,  
Children's Community Nurse  
Tel 0191 541 0030  
Email: jill.mcdermott@chs.northy.nhs.uk

### Durham City, Chester-le-Street and Derwentside

Sheila Welch  
Continuing Care Specialist Nurse  
Tel: 07768360822  
Email: swelch@nhs.net

Lorraine Botcherby, Team Manager,  
Disabled Children and their Families Team  
Tel: 03000265294  
Email: lorraine.botcherby@durham.gov.uk

For an information sheet that includes a diagrammatic map of the partnership pathway from your own local area to St Oswald's, or for a leaflet for families about the Children's Service, please contact the Children and Young Adult's Services Manager on 0191 285 0063 ext 329 or a member of the Care Team on 0191 285 0063 ext 301.