



## Identifying a child's needs and finding help

The information below aims to support early identification of needs and provide advice and signposting re next steps for parents and professionals.

You may find it helpful to think about the areas below if a child is:

- struggling to cope in their pre-school, nursery or school
- there are concerns about their social and emotional well-being
- there are concerns about any areas of their development that are impacting on their access to education or day to day living

The links below will take you to some information on the Berkshire Healthcare Foundation Trust (BHFT) website about what to expect at different ages and stages, common issues, advice and strategies and information about how to refer to NHS services. It is recommended that this advice and guidance is followed and if concerns persist after the support has been put in place for the duration recommended, referrals are then made.

### **Support, advice and information on referral process:**

1. Mental and Emotional Health e.g. anxiety, Eating Disorder, self-harm, trauma, autism, ADHD  
Support and advice:-  
<https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/mental-and-emotional-health/>
2. Communication and hearing e.g. speech development, listening/attention, hearing problems, stammering, expressive language  
Support and advice:-  
<https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/communication-and-hearing/>
3. Developing independence e.g. organisation, planning , paying attention and dressing skills  
Support and advice:-  
<https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/developing-independence/>
4. Gross motor skills e.g. standing, stepping, balance, coordination, planning movement  
Support and advice:-  
<https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/gross-motor-skills/>
5. Fine motor skills e.g. hand skills, manipulation, writing skills, visual perception  
Support and advice:-  
<https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/fine-motor-skills/>
6. Feeding and toilet training  
Support and advice can be accessed via the GP, Health Visitor or School Nurse and  
<https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/feeding-and-toilet-training/>
7. Physical health and illness e.g. asthma, allergies, epilepsy, hearing, vision, healthy weight, general concerns about development or possible illness

Support and advice can be accessed via the GP, Health Visitor, School Nurse or <https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/physical-health-and-illness/>

8. Sensory processing e.g. body awareness, body position, hearing touch and sight.

Support and advice:-

<https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/sensory-processing/>

9. General concern about any aspect of development

Support and advice can be accessed via the GP, Health Visitor or School Nurse.

### **How to make a referral**

**There are two main local health providers.**

#### **For Berkshire Healthcare Foundation Trust (BHFT):**

Anyone can contact our Triage line 0118 974 0506 for advice or information about how to refer. This number is manned on Mondays and Fridays 9.00 – 1.00 and Wednesdays 12.30 – 4.30. At other times, parents or professionals can leave a message and a member of the Triage team will call back as soon as possible.

If a child does not meet our service criteria, we may signpost to another local service provider, such as the RBFT (below). The BHFT website includes clear information about which children can be seen by our service.

If a decision is made to refer the child to BHFT, you can complete this form

<https://forms.berkshirehealthcare.nhs.uk/cypf/>, ring 0118 974 0506 or seek advice from the GP, school nurse or health visitor.

#### **For Royal Berkshire Foundation Trust (RBFT):**

Parents/carers should see their child's GP if the child has an unmet physical health need or medical condition. If required, the GP may then decide to refer to a hospital paediatrician for further assessment or treatment.

#### **RBFT Physiotherapy**

We accept referrals for preschool children in Wokingham and Reading from RBH consultants (please refer through EPR), GPs and external consultants, and other therapists. We cannot accept self-referrals.

Referral criteria can be found on the link below:-

<https://www.royalberkshire.nhs.uk/wards-and-services/childrens-physiotherapy.htm>

#### **RBFT Occupational Therapy**

We accept referrals from RBH consultants (please refer through EPR), GPs and external consultants, and other therapists for children aged 0-18 in Reading, Wokingham, West Berkshire who **do not** have an EHCP (Education, Health, Care Plan). We cannot accept self-referrals or referrals directly from schools.

Referral criteria can be found on the link below:-

<https://www.royalberkshire.nhs.uk/wards-and-services/childrens-occupational-therapy.htm>