

# Choose the right service!

## Children and young people

### Which local service is the right one?

You don't always need to contact or visit your GP practice.

There are many different services and resources that can provide advice to children and young people and those who care for them.

Choosing and accessing the right service ensures everyone receives the right support, guidance and care from services that can help best.

See overleaf for information on the different services and resources you can access.

Make the right choice, choose the right service.

INVERCLYDE  
**HSCP**  
Health and Social  
Care Partnership



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## Support and development

For any health, wellbeing or parenting support:

- 0 - 5 years contact the child's health visitor via your GP surgery.
- 5 - 15 years contact school nurse In terms for support and development.

### Speech and language

Are you worried about your child's speech, language, swallowing or communication?

- If your child is pre-school speak to your health visitor.
- For older children ring speech and language therapy office on **01475 506005** for advice.

### KIDS Independently Developing Skills

For advice about a child's or young person's development, or to support them with life skills, guidance and resources are available from:

- [www.nhsggc.org.uk/kids](http://www.nhsggc.org.uk/kids) (0-19 years)



## Self Care/ NHS Inform

Need general health advice about a child or young person?

- Minor Illnesses including Cold/Flu/Sore Throat, Vomiting/Diarrhoea  
Visit: [www.nhsinform.scot](http://www.nhsinform.scot) or download nhs inform app or telephone **0800 22 44 88**



## Public health

**Immunisation is the safest and most effective way of protecting children against serious diseases.**

Your child will be offered:

- Five routine immunisation appointments before they start school.
- A flu vaccine every year from age 2 until the end of primary school.
- Further vaccines in secondary school.

**Sexual health advice** - Information on all aspects of sexual health, including reproductive health, relationships and sexuality can be found by accessing [www.sandyford.org](http://www.sandyford.org)

**Tobacco** - Quit Your Way Community Services deliver free intensive support in a range of formats to assist smokers to quit. Contact the team on: **0800 916 8858** or pop into your local Pharmacy.

**Drugs and alcohol** - Information and advice for young people and parents around drugs and alcohol can be found by accessing: [www.inverclydeadp.org.uk/young-people/](http://www.inverclydeadp.org.uk/young-people/)



## Physiotherapy

### Children's physiotherapy drop in clinic

Are you worried about your child having:

- On-going aches and pains and injuries?
- Walking difficulties or balance problems?
- Not achieving their milestones e.g. rolling over, sitting up, not walking yet?

Contact the children's physiotherapy drop in clinic at the Skylark Child and Development Centre on **01475 505504**.

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## Pharmacy First

Need advice for minor illnesses for a child or young person? You can visit your local pharmacy who can offer advice on the following:

- Cough/cold/sore throat
- Nappy rash, infant colic
- Impetigo
- Pain relief
- Head lice
- Teething, mouth ulcers
- Hay fever
- Emergency contraception



## Health and well being

**Support and routine assessment of development** and early intervention will be provided by your health visitor. 0 - 5 years contact the child's Health Visitor via your GP surgery.

**Weigh to Go** (12 - 18 years) - This service is for young people who are overweight and want to lose or manage their weight. Phone **0141 451 2727** or visit [www.yhs-ng.co.uk](http://www.yhs-ng.co.uk)

**Mental health and well being** - Access [www.ayemind.com](http://www.ayemind.com) for support on various topics including:

- Bullying
- Self harm
- Eating disorders
- Anxiety

**SAMH** can be accessed to gain resources and support around mental health and well being [www.samh.org.uk](http://www.samh.org.uk)

**SafeSpot** gives a child/young person a personal coping plan, useful strategies and tools to help in addition to directions to local resources. Visit [www.safespot.org.uk](http://www.safespot.org.uk) or download the app.



## Optician service

Contact your local optician:

- If a child or young person experiences sudden loss or changes in vision including sore, irritated, red, sticky or watery eyes.
- The visual screening programme is offered to children between 4 - 5 pre-school to detect any visual difficulties.
- Regular visits to your local optician will ensure good eye health is maintained.



## Dental service

Contact your local dentist :

- If a child or young person experiences pain in the mouth, jaws or gums.
- The Child Smile programme ensures that children get an opportunity to have healthy teeth and gums throughout life. [www.child-smile.org.uk](http://www.child-smile.org.uk)



## Child protection

Worried about a child or their environment?

If you are concerned that a child has experienced or is at risk of abuse, neglect, child sexual exploitation or trafficking, please contact either:

- Local children and families team within our social work service on **01475 715365**
- Police Scotland on **101** or in an emergency on **999**

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## Know where to go if your child needs emergency care

### If you live in Inverclyde

**Under 1s** go to the Royal Hospital for Children, Glasgow.

**Age 1-16** go to Inverclyde Royal Hospital, Greenock.

### Major emergency

If your child is seriously injured or becomes so unwell that you think it is an emergency you should call 999.

## When can my child return to school?

<b>Head Lice</b>	Once treated. School or nursery should be informed.	<b>Slapped Cheek</b>	If your child is well there is no need to stay off, however, school or nursery should be informed.	<b>Flu</b>	Once recovered
<b>Conjunctivitis</b>	Once treated. School or nursery should be informed.	<b>Measles</b>	4 days from onset of rash	<b>Impetigo</b>	When lesions are crusted and healed or 48 hours after commencing antibiotics
<b>Threadworms</b>	Once treated. School or nursery should be informed.	<b>German Measles (rubella)</b>	7 days from onset of rash.	<b>Chicken Pox</b>	When all spots have crusted over
<b>Glandular Fever</b>	If your child is well there is no need to stay off, however, school or nursery should be informed.	<b>Mumps</b>	5 days from onset of swelling	<b>Diarrhoea and vomiting</b>	48 hours from last episode
<b>Hand, Foot and Mouth</b>	If your child is well there is no need to stay off, however, school or nursery should be informed.	<b>Scabies</b>	Until first treatment has been completed	<b>Whooping Cough</b>	48 hours from starting antibiotic treatment or 21 days from onset of illness if no antibiotic treatment
<b>Tonsillitis</b>	If your child is well there is no need to stay off, however, school or nursery should be informed.	<b>Scarlet Fever</b>	24 hours after commencing antibiotics		

For larger print or alternative formats of this leaflet please contact HSCP on: **01475 715365** or visit the HSCP website.

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