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Cumbria Parent Carer Forum Annual Survey 2019

[Questionnaire for Parents and Carers of Children with Special Needs and Disabilities in Cumbria](#)

[Select image above or here](#) to complete the Cumbria Patient Carer Forum Annual Survey 2019 - which is a questionnaire for Parents and Carers of Children with Special Needs and Disabilities in Cumbria.

Please select the buttons below for the relevant Pathway advice and guidance (Including videos):

[High Temperature](#)
[Diarrhoea & Vomiting](#)
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[Constipation](#)

Health Builders Pathways are simple and easy to follow.

A pathway is a guide containing advice and support for families and explains what you should do if your child is ill. These pathways provide step by step information on what children, young people and their families should experience when accessing health services. It will help families to make choices about the care of their children. [Select Here](#) for more information on Health Builders.



Are you kitted out for summer?

What's in your first aid kit?



Health bosses have issued some top tips for parents and carers across North Cumbria and the North East to keep the family safe and healthy during the school holidays.

Summer is a time for flip flops, paddling pools and beaches, and fun in the sun, but the season can be blighted with minor health niggles.

[The NHS has compiled a list of common conditions and top tips to stay well this summer.](#)

[Free medical advice app available to help look after your children's health](#)

Parents and carers can now find NHS advice at their fingertips to help them look after your children's health. The app gives easy to understand guidance on childhood illnesses, recognising when your child is unwell, and advice on when and where to seek further treatment.

The app, which is also available as a 115-page booklet, contains everything from oral health, upset tummies and diarrhoea to advice on bumps and bruises. Download the app now, [available on Google Play and the App Store by searching for 'NHS child health'](#) or [view the booklet online here](#).

To find your nearest service download the app now

Doctors
Pharmacists
Walk In Centres
Children's Centres
Urgent Care Centres
Emergency Departments (A&E)

Search for 'NHS child health'



There is a range of services available to help provide healthcare for you and your child. This guide is intended to help you know what to do, and where to go, when you are looking after an unwell child.



NHS

Kids under the weather?

Search 'NHS child health' and download the free app.

Find out more at urgentoremergency.co.uk

NHS

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Chicken pox & ibuprofen - what you need to know

[Select Here](#) for a useful information article on chicken pox & ibuprofen.

For Clinicians - Education Package Information

eLearning for health have an eLearning package specifically to train clinicians in spotting unwell children. This includes written information's, photographs and some videos of signs that may be seen clinically when a child is unwell. There is an assessment at the end and the practitioner will be given a certificate to say it has been passed and completed. It takes approximately an hour to complete or can be completed over a period of time if better for the individual.

The package can be accessed here: <http://www.e-lfh.org.uk/home>

[Select Here](#) for Clinical pathways for sick children – bronchiolitis, fever, diarrhoea and vomiting

To register practitioners will just need there GMC/NMC number or equivalent.



Feedback on this page



Latest news

- **Dementia Film Made in Carlisle**
Tuesday 3rd December 2019
- **Keep our antibiotics working**
Thursday 21st November 2019

