



# connecting care for children



## Child Health General Practice Hubs

*Invested in by:*



Health Education  
North West London

Central London Clinical Commissioning Group

Imperial College Healthcare



NHS Trust



West London

Clinical Commissioning Group



Ealing

Clinical Commissioning Group



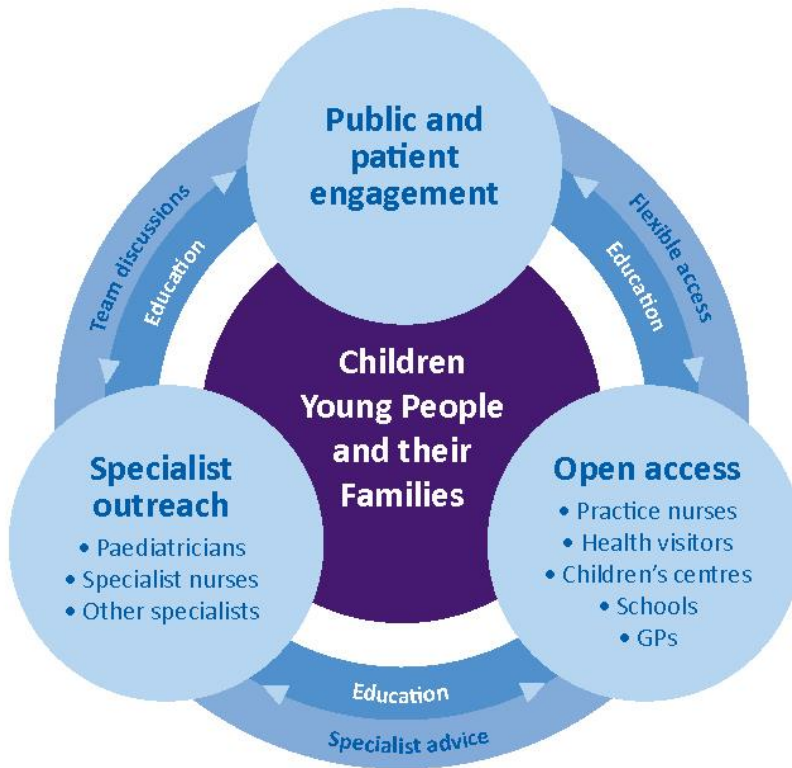
Hammersmith and Fulham  
Clinical Commissioning Group

*Supported by:*

London Boroughs of H&F, K&C and Westminster City Council  
Paddington Development Trust & CLCH NHS Trust

<https://vimeo.com/117572439>

# Connecting Care for Children; 3 core elements focused on Primary Care, coming together as a 'Child Health GP Hub'



## GP Child Health Hubs are typically:

3-4 GP practices within an existing network / village / locality

~20,000 practice population  
~4,000 registered children

Built around a monthly MDT and clinic

**Parent:** 'I hope it will continue like this – it's much easier and more comfortable because I know all the people at the GP practice, it is so quick to get an appointment. What I like the most is that the GP and I hear the plan together so I don't have to go back and tell them. The game of Chinese Whispers is finally over. I am so pleased my practice has this service.'

**GP:** 'I have much more confidence in talking to the Paediatricians because I now know them, I don't feel scared to email, write or telephone and I know they will answer my queries. The clinics are phenomenal, they are the best three hours of my month, I feel the patients get exactly what they need, I learn a great deal which I can then use in all my general practice consultations. Thank you for empowering me and helping me deliver the best service to our patients.'

**Paediatrician:** 'The ability to work in true partnership, and to co-create care plans with families and GPs has been enormously enhanced by my seeing patients in primary care.'

# Practice Champions



NHS



## Volunteer for your local community

become a Practice Champion and  
help shape children's healthcare

Your Practice would like to invite you to join us as a Practice Champion. We want to improve the healthcare of children and young adults in our community. Practice Champions use their experience, skills and passion to help design healthcare services for children and families. Training will be provided.

For more information please ask for a volunteer application form at reception or call/text Bea on 07852176747



PRACTICE  
CHAMPIONS



**FREE\* 8-WEEK COURSE**

**ELK-Health**

NHS Approved & Accredited under the Quality Standard for Health and Social Care 2015

## Mindfulness Course

8-Week MBCT (Mindfulness Based Cognitive Therapy)

This course has been scientifically shown to be successful with people who are facing a range of challenges. It's also shown to be an excellent programme for anyone wanting to develop a personal mindfulness practice, and a transformative approach to life.

**REGISTER BY 25TH MARCH 2016 - FREE\* PLACES AVAILABLE**

**WHO IS THIS COURSE FOR?** THIS COURSE IS FOR PEOPLE EXPERIENCING TOO MUCH STRESS, DEPRESSION, ANXIETY, SLEEP DIFFICULTIES, OR FOR THOSE JUST WANTING TO BE MORE MINDFUL.

**WHAT ARE THE DETAILS?** STARTS: FRIDAY 1ST OF APRIL 2016  
10 Sessions (including an 8pm)  
 FROM: 10-30AM TO 12-05PM  
 AT: SWISS COTTAGE COMMUNITY CENTRE  
Next to Swiss Cottage Tube Station

**HOW CAN I REGISTER?** \*There are a number of free places available for those who belong to St. John's Wood Health Centre, a subsidiary of the Swiss Cottage Health Centre, which is a subsidiary of the Swiss Cottage Health Centre. A limited number of places are available on a first-come, first-served basis. TO ENSURE YOUR PLACE, REGISTER BEFORE 25TH MARCH. Late registrations may be possible, subject to availability.

CONTACT: [support@elk-health.org](mailto:support@elk-health.org)  
 020746 7188 2368

STARTS FRIDAY 1ST APRIL 2016

\*There is an introductory introductory session on Friday 1st of April from 10-11am. All other sessions at the same venue. Please let us know if you would like to attend.

AT SWISS COTTAGE COMMUNITY CENTRE

## Chatty Prams

### WALKING MUMS GROUP

Conducted by Practice Champions

MUMS & BABIES JOIN US FOR A WALK IN REGENTS PARK AMIDST THE FLORA & FAUNA. BREATHE IN THE FRESH AIR & EXERCISE THOSE MUSCLES FOR A HEALTHY BODY & MIND...

**EVERY WED: 10:30AM-11.30AM**  
**MEETING POINT: ST JOHN'S WOOD MEDICAL PRACTICE, BRAMPTON HOUSE, LONDON NW8 9NH**

CONTACT: BEATRICE LUDDELL  
 TEL: 07832376747

SUPPORTED BY **NHS**

**PRACTICE CHAMPIONS**

## Buggy Buddy

For mothers and children

Buggy Buddy is a great way for you, and your child to socialise with other mothers and children.

You'll be walking together with your buggies: down a chosen road. It'll be great fun.

**Price: Free**  
 Join now

**walking for health**

**Start Date**  
 Tuesday 12 April 2016  
 12:30 pm  
 Duration: 1 hour

Saint Charles Hospital  
 Exmoor St, London W10 6DZ

020 8969 2488



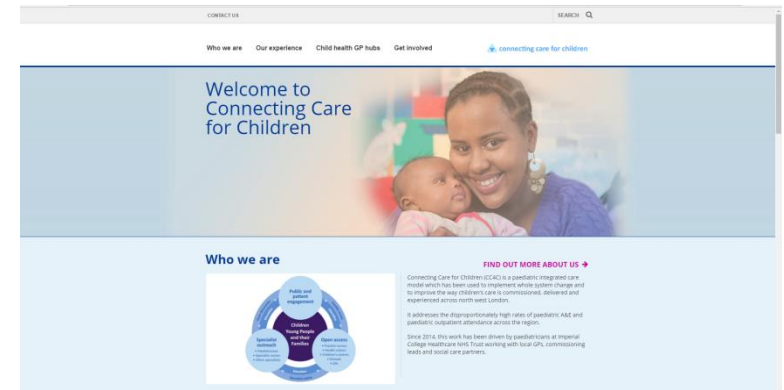
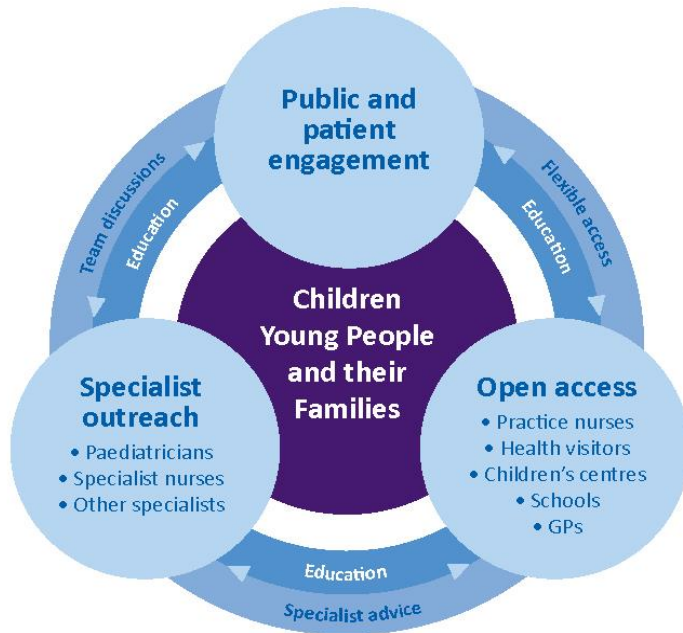
# Parkview Olympics

6 week, health and wellbeing programme

For 30 children, between 8-11 years old.

Free weekly activities, including Kayaking, swimming and Football





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[www.cc4c.imperial.nhs.uk](http://www.cc4c.imperial.nhs.uk)

 @CC4CLondon

