

Immunisations

A guide to understanding what immunisations are recommended in the UK and why they are important www.nhs.uk/conditions/vaccinations/

Some children are at high risk of developing certain infections and maybe advised to have specific immunisations

www.nhs.uk/conditions/hepatitis-b

www.nhs.uk/conditions/hepatitis-c

Vitamin D

Vitamin D supplements are recommended for all children until age 5, once formula milk is less than 500 ml/day (usually around age 1).

www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d

Notes

Phoenix Team

Address - East Oxford Health Centre,
2 Manzil Way, Cowley, Oxford, OX4 1GE
Telephone - 01865 904331
Operational Manager - Kathryn Tolson
Email - Kathryn.tolson@oxfordhealth.nhs.uk

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

أرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে Bengali পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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Website: www.oxfordhealth.nhs.uk

Become a member of our Foundation Trust
www.ohftnhs.uk/membership



Phoenix Team

Resources for Supporting
Health and Wellbeing.

Birth to 12 years



There is a lot of information available to support health and wellbeing and it can be confusing to know which websites to look at.

The Phoenix Team have collated some suggestions which we hope will support young people to achieve a healthy lifestyle.

Further information about our service, live links and additional resources are available on our website www.oxfordhealth.nhs.uk/service_description/phoenix-team/

Emotional Wellbeing

A range of resources recommended to support emotional health

<https://www.oxfordhealth.nhs.uk/camhs/wellbeing/>

Self-help guidance for common emotional health difficulties <https://www.youngminds.org.uk/>

Guidance for supporting children who have experienced frightening or stressful events www.aftertheevent.org.uk

Healthy Eating

Easy ideas for families to eat well and move more www.nhs.uk/healthier-families/

Bowel and Bladder issues

The children's Bowel & Bladder Charity ERIC have resources for managing constipation, soiling, day time wetting & enuresis (bed wetting) www.eric.org.uk

General health information

Search by topic www.nhs.uk

Health advice by symptom www.111.nhs.uk

Information on how to manage common childhood conditions www.what0-18.nhs.uk/parents/carers/worried-your-child-unwell

Oxfordshire Child Health Leaflet (under 5s) www.oxfordshireccq.nhs.uk/documents/patient-info/health-advice/child-health-leaflet.pdf

A common temporary cause of hearing loss is Glue Ear www.nhs.uk/conditions/glue-ear/



Speech & Language Development

Support for children with communication and language difficulties, advice on eating, drinking and swallowing difficulties www.oxfordhealth.nhs.uk/cit/speech-language-therapy/

Occupational Therapy

Information on a wide range of development & coordination from handwriting to dressing & potty training www.oxfordhealth.nhs.uk/cit/occupational-therapy/

Physiotherapy

Physiotherapy resources to help children move and function to the best of their ability www.oxfordhealth.nhs.uk/cit/physiotherapy/



ASD (Autism Spectrum Disorder) & ADHD (Attention Deficit Hyperactivity Disorder)

National Autistic Society, a charity supporting children on the autistic spectrum www.autism.org.uk

Autism Family Support Oxfordshire www.afso.org.uk/

Oxfordshire CAMHS have a range of resources to support neuro diverse children on eating, self-harm, school refusal and sleep www.oxfordhealth.nhs.uk/camhs/self-care/asd/

CAMHS also have resources for ADHD www.oxfordhealth.nhs.uk/camhs/self-care/adhd/

Dental Health

Information on how to find an NHS dentist near you www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/

Tips for good dental health www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/

Tips to prevent tooth decay in children www.nhs.uk/live-well/healthy-body/kids-teeth-sweets-fizzy-drinks-fags

Sources of Calcium for healthy teeth and bones www.nhs.uk/conditions/vitamins-and-minerals/calcium/

