

## Advice from East Sussex Community Paediatrics:

**The main message of this letter is that it is much better for children with difficulties in school to be referred by school rather than your GP.**

Dear Parent/Carer

We know that you want the right support for your child, and have approached your GP for a referral. We want to help by giving you clearer advice about referral to Community Paediatrics in East Sussex. We want to help you work in partnership with your child's school to access the right support.

### Referral to community paediatrics

Your child does not need a GP to refer them to Community Paediatrics. The best type of referral comes directly from the school that your child attends. This is because your child's school will understand the difficulties or challenges that your child has in a way that others can't. This type of information is important for a referral to Community Paediatrics.



Referral through the school also means that your child's needs are better understood by all. Paediatricians can be aware of the support that is in place.

Therefore from April 2019, referrals to East Sussex Community Paediatrics will usually come through your child's school. Your child's school and its Special Educational Needs Coordinator (SENCO) is aware of this.

Whilst it is uncommon, your child may show few if any difficulties in school, but significant difficulties at home. In this case, after discussion with school, a referral will need to be through your GP. However community paediatricians will still need to have information from your child's school and this will always be requested by us.

### ISEND and schools: supporting your child

You can discuss the support that the school is giving your child with the SENCO or teacher. School can also request help if needed from ISEND (which supports children with special educational needs in East Sussex) to give extra advice on the basis of their individual needs. A diagnosis is not needed for the request to ISEND or for good support to be started.

Support in school should be in place before your child is referred. In most schools this will be the case already. Sometimes good support can mean a referral is not needed.

**You may find it helpful to use this letter as needed in discussion with your child's school SENCO or teacher. School SENCOs and parents have been involved in the writing of this letter to help you work together to support your child.**

There will be an opportunity to feed back to Community Paediatrics in autumn 2019, arranged by East Sussex Parents and Carers Council (EsPACC), so look out for dates for that.

### East Sussex Community Paediatricians

Child Development Clinics (CDC) in East Sussex are based at the Scott Unit Eastbourne District General Hospital, Kipling Outpatients, Conquest Hospital, Hastings and Bexhill Hospital Outpatient Department.