

Physiotherapy information

Dear Parents,

As you are aware your child normally has access to NHS therapy through the school if they have a referral to our service and have a Hertfordshire GP. If you have any concerns, please contact the therapist as soon as possible so that these can be dealt with.

CONTACT DETAILS: please email us OT_PT@lonsdale.herts.sch.uk or call the therapies advice line on 01923 470680 option 3.

There is no answerphone on the school therapy extension number, but you could ask admin to send a message to us.

There is a change in the Physiotherapy Team in school for this year.

If your child is receiving Physiotherapy care the named therapist can be found below for each class, there has been a slight change around of class allocation for Physiotherapy starting in September 2026, if you have any concerns please email us:

Kirsty Fairhead:

SCOTLAND, GREECE, FIJI, CANADA, JAPAN, KENYA, BRAZIL, MEXICO

Karen Summers:

IRELAND, AUSTRALIA, NEW ZEALAND, VENEZUELA, WALES, EGYPT, PERU

****Surgery or Botox**

If your child is planning to go for Orthopaedic surgery or botox injections, please could you contact us on the above email and ensure that the school therapy service is included in any correspondence from the hospital. If we do not have prior warning to the surgery or botox (minimum 6 weeks) we may have difficulty providing the intervention in a timely manner. Please provide your consultant with the following contact details:

Children's Physiotherapy and Occupational Therapy team

Howard Court
14 Tewin Road
Welwyn Garden City
Herts
AL7 1BW

If you have a clinic letter and do not see us in the CC list at the bottom then we do not know the information that you do, and this may be very important to ensure we offer the most appropriate care to your child.

Sleep systems

If your child has been provided with a sleep system, it is advised that it is used every night to help protect your child's posture as part of their 24 hour postural support. If you are no longer using the system, having any difficulties, or would like a review please let the team know.

If we do not hear from you, we will assume that all your home equipment still fits your child and meets their clinical need.

Activities and exercises

If you would like to be shown exercises programmes, please contact us.

It is important for your child to continue with their daily postural management over any of the school breaks. If you do not have a copy of your child's postural programme and would like to have a copy or have some ideas of activities to encourage over the holidays, please do get in touch with us.

On you tube you can find various motivating in chair exercises.

Brain breaks action songs for your chair by the learning station can be found at this link <https://www.youtube.com/watch?v=qsonHTjcnj4>

Home equipment

If you have old equipment that is no longer in use at home, please could you call the Hertfordshire equipment service to request a collection 01707 292555

Kind regards,

Therapy service -Hertfordshire Community NHS trust operating within Lonsdale school
