

## **Getting Ready for Change**

Good afternoon

My name is Heather Bainton, I'm the deputy clinical lead from the Cambridgeshire and Peterborough Healthy Child Programme (school nursing and health visiting).

I'm contacting you as we are launching our new online "Getting Ready for Change" health questionnaire. The new resource is aimed at all children across Cambridgeshire and Peterborough who are **approaching Reception Year age (4-5 years)**.

This online questionnaire has been designed to help families think about the health and wellbeing of their children as they move into school-age, and what changes to expect. It covers lots of points from hearing and eyesight through to emotional health and behaviour.

After answering the questions, a summary of answers is provided along with some helpful information and on-line resources. You can access the questionnaire by using this link: <https://portal.cambspborocyphs.nhs.uk/GRfC/Reception>.

If you have any questions, please email [ccs.cpft.hcp@nhs.net](mailto:ccs.cpft.hcp@nhs.net).

Thank you.

**Heather Bainton**

Cambridgeshire and Peterborough Healthy Child Programme

Cambridgeshire Community Services NHS Trust

Website: [www.bit.ly/nhscampspboro-hcp](http://www.bit.ly/nhscampspboro-hcp)