

**This leaflet is to help you understand why your health is important to you and us.**

### **Who we are?**

We are a team of Nurses and Children's Doctors with a special interest in the health of children looked after (in care)

### **Why do I need a health check?**

It is important that you are being looked after well and that you have no health worries. When you first come into care you will see a Doctor, after that you will see a Nurse, your carer will take you to see the doctor or nurse. This will happen once a year



### **What is a health check?**

A Doctor or Nurse will talk to you about how you are feeling; they may listen to your heart, look in your ears and make sure you are growing well by measuring your height and weight.

The Doctor or Nurse will write a report for your Social Worker about your health and how you are feeling. They may ask your Foster Carer to take you to the Dentist to look at your teeth or the Optician (a person who looks after your eyes) to see how well you can see. Sometimes you will have your hearing checked by the Nurse.



### **Where will I be seen?**

The first time you see a Doctor it will be at a Children's Centre. When you see the Nurse she will usually come and see you in your foster home.

### **Eating**

It is important that you are eating food that you enjoy but that is good for you. Food that is good for you includes fruit and vegetables as well as meat, cheese, milk, eggs and other foods you may like.

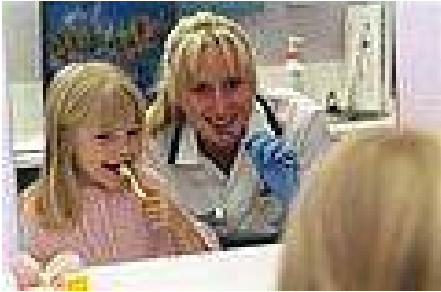


### **Sleeping**

It is important that you sleep well and do not have bad dreams. You can tell your Foster Carer, the Doctor or Nurse if you are not sleeping well

## Taking care of your body

It is important to look after your body by having a bath or shower, washing your hair and brushing your teeth every morning and every night. If you have glasses it is important to wear them.



## Feelings

Sometimes you may feel worried, sad or upset, this is okay but it is important that you tell your Carer, your Social Worker, the Nurse or an adult you trust if you are unhappy.



## Exercise

It is good for you to enjoy taking part in activities that help to keep you healthy. These can include swimming, walking, gym club, trampoline or even riding a bike.

## Can I talk to you at other times?

**Yes.** You can telephone to speak to a Nurse on 01934 421900. You can ask a Carer or Social Worker to contact us for you if you wish. A Nurse will always call you back.

## For further information you can contact

### Children/young people looked after and care leavers nursing team

The Resource Service  
12 Clifton Road  
Weston-super-Mare  
BS23 1BL  
Tel: 01934 421900

### Children and young people looked after

Lead Doctors  
Child Health Department  
Drove House  
Drove Road  
Weston-super-Mare  
Tel: 01934 881340



*North Somerset Community Partnership NHS*

*Weston Area Health NHS Trust*

*NHS North Somerset Clinical Commissioning Group*

**North Somerset's Children and Young People Looked After and Care Leavers Health Team**

## INFORMATION FOR CHILDREN ABOUT KEEPING YOU HEALTHY

