



individual to address identified health issues. We will share health plans with people involved in the care of the child or young person as appropriate. The progress of the health plan is monitored by the Independent Reviewing Officer (IRO) at the children looked after care placement review meetings.

Review of assessments

The legal requirements are children under five years will have a review health assessment every six months, for those over five, it is yearly.

Health reviews are undertaken by the Lead Health Professional who may be the doctor or nurse from the children looked after health team or by a health visitor or school nurse. They will contact those caring for the child or young person as required to offer support / advice on identified health issues.

Strength and Difficulties Questionnaires (SDQs)

Carers and young people 11 years and over are asked to complete an SDQ every six months.

These are used to screen the emotional well being of the child / young person and to identify and offer further advice and support.

For further information:

Nursing team: Badger House, Oldmixon Crescent, Weston-super-Mare, North Somerset, BS24 9AY.
Tel: **01934 419339**.

Lead Doctors: Drove House, Drove Road, Weston-super-Mare, North Somerset, BS23 3NT. Tel: **01934 881340**.

Contacting local health services

If you want to make a comment about this service or need some advice or information about this, or any other local NHS service, please contact:

NSCP Patient Advice & Liaison Service (PALS)

Freephone: **0800 389 5260**
Email: nscp.pals@nsomersetcp-cic.nhs.uk

Care Quality Commission (CQC)

The quality of our service provision is monitored by the Care Quality Commission (CQC). For further information please visit: www.cqc.org.uk

Dignity in Care Campaign

The Dignity in Care Campaign aims to put dignity at the heart of care services in North Somerset. For further information please visit: www.northsomerset.nhs.uk/dignity

NHS Choices

If you are concerned you are unwell, please telephone NHS Choices on **111**.

ChildLine

If you, or another child, is being harmed, or is at risk of being harmed, please telephone ChildLine free on **0800 1111**.

Our services may occasionally be unavoidably unavailable due to severe weather, staff sickness or other events outside of our control.



Looked After Children

Information for parents, carers and professionals



Who are we?

North Somerset's looked after and care leavers health team is a dedicated health team for children and young people who are looked after (in care). The team consists of:

- Designated nurse
- Lead doctor for children looked after
- Lead doctor for adoption
- Named nurse for children looked after and care leavers
- School nurse for children looked after
- CONSULT (psychologist and specialist social worker)
- Admin co-ordinator.

The team aims to promote the health and well being of children and young people who are looked after and care leavers by working closely with those involved in their care including:

- Parents
- Foster carers
- Social workers
- Leaving care personal advisors
- Teachers / virtual school.

We work with children and young people in care and care leavers to:

- Ensure they have their initial and review health assessments
- Provide them with their health history, when available
- Co-ordinate health services they need
- Support carers in meeting their health needs
- Assess and support their emotional well-being and mental health
- Provide advice and support to them and to those involved in their care.



The team provides:

- Training to those supporting and caring for young people
- Contribution to care planning
- Medical advice to the adoption and fostering service
- Professionals to attend foster / adoption panels.

We can refer to:

- Child and adolescent mental health services
- Substance Advice Service (SAS) for young people
- Sexual health services – ‘No Worries’ and WISH
- Sexual health advice including: condom distribution, pregnancy testing and support, chlamydia self-testing kits
- Information about diet and healthy lifestyles
- A variety of services to meet the health needs of the child or young person
- Adult health services.

Health assessments

We support and encourage children and young people in care and care leavers to improve physical health and maintain positive emotional

and mental health by adopting positive lifestyles in relation to healthy eating, exercise, leisure activities, substance / alcohol / tobacco use, sexual health and relationships as well as personal safety.

Carers

We refer to a carer as the person who looks after the child or young person on a day-to-day basis. This could be family members, foster carers, supported lodgings hosts or residential workers.

Consent / confidentiality

The team ensure the appropriate consents are received from the person(s) with parental responsibility or from the young person if appropriate prior to seeing the child / young person and sharing information. Confidentiality is maintained in relation to health information which will be shared only on a need-to-know basis.

The initial assessment

When a child or young person comes into care, it is a legal requirement they have a health assessment.

Our aim is for relevant health information to be gained from various sources including the GP and the initial health assessment is carried out by the time of the child / young person's second review.

We aim to identify any gaps in routine health care, assess additional physical or emotional health needs and develop a health plan for the