



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:

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**.

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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 children who are looked after



Information for children about keeping you healthy

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 you are being looked after well and have no health worries. When you first come into care, you will see a doctor, after which you will see a nurse. Your carer will take you to see the doctor or nurse, this will happen once a year.

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 or he will usually come and see you in your foster home.



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 may have your hearing checked by the nurse.

Eating

It is important you are eating food which you enjoy, but which is good for you. Food which 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 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 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 which help to keep you healthy. These can include swimming, walking, gym club, trampoline or even riding a bike.