

Who will know about my care and treatment?

Your health records will stay with the 'Looked After Children' health team. A summary of your health assessment, any care plans and letters will be sent to your social worker and GP. Discussions are confidential. We will talk to you if information has to be shared.

Strength and Difficulties Questionnaires (SDQs)

Young people, 11 years and over, are asked to complete an SDQ every six months. These forms are used to help to identify and support any emotional needs you may have.

Can I contact 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:

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 NSCP control.



Looked After Children

Health information for young people who are looked after



Your health assessment

The health team for children and young people who are looked after (in care) are here to help you stay healthy.

This leaflet explains what the health assessment will involve and introduces you to the North Somerset children looked after health team and explains how we are here to help and support you.

Who we are?

We are a team of qualified nurses and children's doctors with a special interest in the health of children looked after.

What is a health assessment?

A health assessment is just a regular health check-up which we do once a year for children who are looked after.

How else can we help?

We can:

- Attend meetings about you when invited
- Attend health appointments with you, if requested
- See you outside of your yearly health assessment if you wish.



What happens at my assessment?

Each health assessment takes about an hour. At your first health assessment you will see a doctor.

The doctor will ask you some questions about your health and any worries or concerns you might have. He or she will then check your height, weight, eyes, ears and will listen to your heart. The doctor will discuss any concerns you may have about your health with you at your appointment. This appointment usually takes place at Drove Road Children's Centre.

Future health assessments will usually be carried out by a nurse. These may take place in your foster home or at the Resource Service and they will be carried out after school or in school holidays.

You will be asked about your health, when you last saw a dentist and an optician and how you are getting on at school. The nurse will also check your height and weight and may offer

you a hearing test.

Your health assessment is also an opportunity for you to:

- Talk about any health concerns or worries
- Discuss giving up smoking, substance misuse, sexual health, feelings and emotional health
- Get some help to register with a doctor, or dentist, if you are not already registered.

If necessary, we can refer you to be seen by another service, such as your GP, hospital or a specialist service.

We also provide:

- Immunisation updates to keep you protected against common conditions
- Advice and information for foster carers about supporting your health and development
- Sexual health advice including condom distribution, pregnancy testing / support, and chlamydia self-testing kits
- Information about diet and healthy lifestyles.

Can I be seen on my own?

Your carer or key worker will normally come with you for an appointment. However you can ask to speak to the doctor or nurse on your own. Older young people may choose to attend their health assessment on their own.