PRIVATE & CONFIDENTIAL

FAO: Young Person

(via social worker)

Dear

We understand that you have had a chat with your social worker about attending for a Health Assessment and decided you do not wish to attend. Your health and wellbeing is very important to us and if you change your mind we would be more than happy to arrange an appointment for you.

Young people can find these assessments useful for discussing any health or other issues they might have. You would not need to talk about anything you are uncomfortable with.

Your health assessment would have given you a chance to talk about:

* Physical health
* Emotional / mental health
* Sexual health
* Steps to prevent ill health in the future e.g., diet, keeping active, interventions around smoking / alcohol / drugs
* Where you are living and any worries you have
* Anything else you wanted to ask / tell us

At your health assessment, if you wished, the doctor could also examine you to see if there were any other health problems that we could support you with, but this would only be if you were happy for us to do this.

If you would like a review but would not like to come and meet us in person, we could arrange a telephone or video consultation, if you would prefer this.

If you would feel uncomfortable with any of the above options, your doctor would still like to look through your health records to see if there is anything that may affect your health either now or in the future. They would use this information to provide advice in a report for you which can be helpful to keep you in the best possible health.

If you change your mind about having a health assessment at any time, please tell your social worker and we would be happy to arrange this for you. If you would agree that the doctor can look through your health records to write this report instead, we would be grateful if you could sign the box over the page, allowing us to go ahead and complete the report for you.

We have also enclosed some information and websites that may be useful for health or wellbeing advice and support that would be available to you. Your social worker will also tell you about local authority websites.

We wish you well for the future.

Yours sincerely

On behalf of the Paediatricians in the Children in Care Health Teams

Cc: Social Worker

Cc: GP

**Health Assessment Report Agreement Form**

**For the attention of Social Worker**

It is best practice for the young person to sign, to give their agreement for the paediatrician to review their health records so a report can be compiled and shared. If the young person is in agreement, can they please sign as indicated below?

However, if the young person does not wish to sign but has given verbal consent for the Children in Care Health Team to review their health records so a report can be compiled and shared, please could you, as the young person’s social worker, indicate this by signing below? Please note that this signed agreement must be submitted in conjunction with a completed IHA YP Form (CORAMBAAF).

|  |  |  |  |
| --- | --- | --- | --- |
| **Name of Young Person:** |  | **DoB:** |  |
| To be signed by the **YOUNG PERSON** if they agree to the doctor (paediatrician) reviewing their health records to prepare and share a report.  |
| **Signed by Young Person:** | **Date:** |
| To be signed by the **SOCIAL WORKER** if the young person has given verbal consent to you for the doctor (paediatrician) reviewing their health records to prepare and share a report.  |
| **Signed by Social Worker:** | **Date:** |
| **Print name:** |

**Top Health Tips:**

* It is important to be registered with a local doctor (GP), dentist and optician-you can be supported to register by your carer or social worker
* Your GP can give health advice and support around your emotional wellbeing and mental health. You can request a different doctor if you feel the need to
* Other health services are available e.g., NHS Walk-In Centres, pharmacies (chemists), NHS Helpline or Emergency Department
* Don’t feel stupid about asking questions, it is the only way that those questions can be answered for you
* Recognise your feelings and if you feel low, it’s important to talk to someone
* See a dentist every six months
* See an optician every two years (unless advised otherwise)
* Speak to your Personal Advisor about financial help with dental and optician costs.

**How to register with a GP**

You can find your nearest GP practice by visiting NHS Choices [www.nhs.uk](http://www.nhs.uk)

To register:

* Ring your chosen GP or call in to the surgery and speak to a Receptionist to find out how to register with them
* You’ll be asked to complete a form and will be given an initial appointment.

What you will need:

1. NHS number
2. Previous GP’s name and address

**How to register with a Dentist**

You can find your nearest dentist by visiting NHS Choices [www.nhs.uk](http://www.nhs.uk)

To register:

* Ring your chosen Dentist or call into the surgery and speak to a Receptionist
* Once registered with a Dentist they will advise you on how often you need to be seen.

It is important to keep your teeth and gums healthy.

**Eye Care**

Visit a local Optician for regular eye checks.

Carer or support worker will be able to help you with this.

**Please see the final page for useful Contacts / Websites**

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| **General Health** |
| **NHS 111**For medical advice.This helpline is open 24 hours a day. 365 days a year | Dial 111 |
| **NHS Choices**Provides a comprehensive health information service with thousands of articles, videos and tools, helping you to make the best choices about your health and lifestyle and how to find and use NHS services | [www.nhs.uk](http://www.nhs.uk) www.nhs.uk/livewell  |
| **Health For Teens**A health for teens website linked to Nottinghamshire - provides information on health and wellbeing including sexual health, sexuality, relationships, drugs & alcohol, feelings & lifestyle | [www.healthforteens.co.uk](http://www.healthforteens.co.uk)  |
| **Alcohol and Drug Use** |
| **FRANK** | [www.talktofrank.com](http://www.talktofrank.com)0300 123 6600Text: 82111 |
| **Young People’s Project** – part of Alcoholics Anonymous | <http://www.alcoholics-anonymous.org.uk/Members/Projects/Young-People>0800 9177 650 |
| **Drugs and the brain** NHS Choices | <http://www.nhs.uk/Livewell/drugs/Pages/Dodrugsdamagebrain.aspx> |
| **Sexual Health** |
| **British Pregnancy Advisory Service (BPAS)** | [www.bpas.org](http://www.bpas.org) |
| **Brook Advisory** | [www.brook.org.uk](http://www.brook.org.uk) |
| **Marie Stopes** | [www.mariestopes.org.uk](http://www.mariestopes.org.uk) |
| **The Sexual Healthline** | 0300 123 7123[www.nhs.uk/worthtalkingabout](http://www.nhs.uk/worthtalkingabout) |
| **Mental Health and Emotional Wellbeing** |
| **Young Minds** | <http://youngminds.org.uk>  |
| **Young People and Mental Health** | <http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx> [www.kooth.com](http://www.kooth.com)  |
| **Mind** | [www.mind.org.uk](http://www.mind.org.uk)  |
| **Samaritans**Confidential and emotional support helpline for anyone in a crisis | 116 123[www.samaritans.org](http://www.samaritans.org) |
| **Childline**For help and advice about a wide range of issues, can call or talk to a counsellor online, or send an email, or post on message boards | Free tel no 0800 11 11[www.childline.org.uk](http://www.childline.org.uk)  |
| [**Children’s**](http://www.childrenscommissioner.gov.uk/help-at-hand) **Commissioner**Confidential advice and information for young people in care / leaving care. Any questions answered-no issue too big or small. For young people in care, living away from home or working with social services  | Free tel: 0800 5280731[www.childrenscommissioner.gov.uk/help-at-hand](http://www.childrenscommissioner.gov.uk/help-at-hand)  |