**Children in Care and Adoption Health Team**

Dear

I am sorry you feel unable to take part in your final children in care health assessment. Part of your final health assessment is to review your health records and create a summary of your important health information which includes your birth history (if this is available). A copy of this summary will be shared with your social worker and your GP. We have asked your social worker to give you a copy and talk through this with you.

Your last children in care health assessment took place on…… and from a review of your health records your current outstanding health recommendations are:

You will be discharged from our service when you are 18 years old. If you do need any health advice at any time, please contact your GP (doctor). Please find enclosed an information sheet about accessing local services and some general health recommendations.

Wishing you very best wishes in your future.

Yours sincerely

Cc: GP

Cc: Social worker

**Health Information**

For information about a local Doctor (GP) or Dentist near to where you live, go onto NHS Choices [www.nhs.uk](http://www.nhs.uk)

**How to register with a Doctor (GP):**

Go to the nearest Doctors Surgery near to where you live and ask to register with a Doctor. You will need your NHS number (written on the front page), some ID and the name of your last Doctor (GP).

**How to register with a Dentist:**

Go to the nearest Dentist near to where you live and ask to register as an NHS patient.

**NHS Out of Hours Health Services:**

• Call 111

• NHS Choices Website www.nhs.uk

Or call your own doctor (GP) who will direct you to Out of Hours Services.

**Prescription Costs:**

You may not have to pay for prescriptions if you are a student or on benefits. You need to complete an exemption (not pay) form. This can be found at [www.nhs.uk](http://www.nhs.uk).

**Opticians:**

You may go to local optician and have an NHS eye test. This is free up to the age 19 years old if you are in full time education.

**Websites and Contacts**

Nottinghamshire’s Local Offer for Care Leavers tells you about all the services and support that are available for you as a care leaver: [www.nottshelpyourself.org.uk/careleaverslo](http://www.nottshelpyourself.org.uk/careleaverslo)

Health for Teens: [www.healthforteens.co.uk](http://www.healthforteens.co.uk)(this will provide you with info on emotional health/feelings, sexual health, sexuality, relationships, drugs & alcohol, feelings & lifestyle, health).

Emotional health: [www.letstalkwellbeing.co.uk](http://www.letstalkwellbeing.co.uk)

[www.kooth.com](http://www.kooth.com)

Child Exploitation & Online Protection: - [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

Missing People Runaway Helpline: - [www.missingpeople.org.uk](http://www.missingpeople.org.uk) (116000 –free from mobiles)

Sexual Violence Support Service : - [www.nottssvss.org.uk](http://www.nottssvss.org.uk)

Samaritans: - [www.samaritans.org](http://www.samaritans.org) (116123-free from mobiles).

Citizens Advice: - [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) Tel: 03444 111 444 (Offers advice and help with benefits, debt/money & Legal matters)

Shelter: - [www.england.shelter.org.uk](http://www.england.shelter.org.uk) (Housing advice and those struggling with homelessness).

**General Health Recommendations**

* **Healthy Eating -** It is important you eat a healthy balanced diet. This includes 5 pieces of fruit and vegetables a day, plenty of starchy foods, such as bread, rice, potatoes and pasta, some meat, fish, eggs, beans and other non-dairy sources of protein, some milk and dairy foods. Foods and drinks that are high in fat and/or sugar should be eaten less often and in small amounts. It is recommended to drink 2 litres of water based drinks a day.

* **Exercise** - Regular exercise has numerous benefits to your health, mood and sleep, and can help reduce your risk of developing a serious health problem. It is recommended to take part in 30 minutes of exercise on 5 days a week.
* **Emotional health** – Life changes such as getting regular good night’s sleep, keeping to a healthy diet, getting regular exercise, ongoing learning, taking part in activities, and positive social interaction can all improve emotional well-being. Should you have any concerns about your emotional health it is important to seek support.
* **Sexual health –** Sexual health is an important part of physical and mental health as well as your emotional and social wellbeing. It is important to use contraception and attend sexual health clinics or your GP for advice as required.
* **Vision -** It is important that you attend the optician for regular eye tests. This is vital in caring for your sight and the health of your eyes. Our eyes rarely hurt when something is wrong with them, so having regular eye tests is important to help detect potentially harmful conditions.
* **Dental** - It is important to attend regular dental check-ups and maintain a good level of oral health (clean your teeth twice a day for a minimum of 2 minutes). A check-up allows your dentist to see if you have any dental problems and helps you keep your mouth healthy. Leaving problems untreated could make them more difficult to treat in the future, so it's best to deal with problems early, or, if possible, prevent them altogether.