

What can we help you with

We can :

- Provide information and advice about immunisations that will help you be healthy.
- Provide you with an up to date record of your healthcare
- For carers we can give advice and information to support you on your child's development, emotional health, behavioral difficulties, healthy eating, exercise and common health problems
- Attend meetings about you when invited
- Listen to your worries, concerns and advise you on the appropriate services available
-

Useful Contacts:

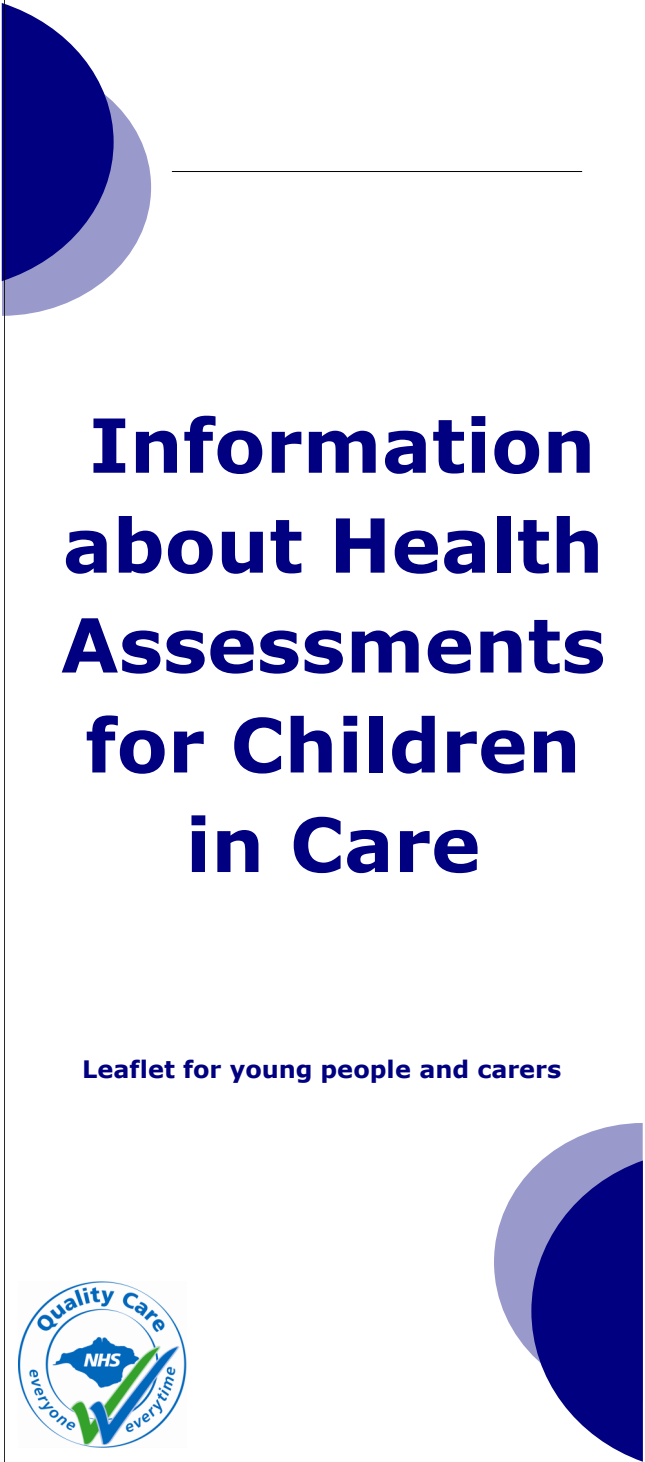
Specialist Nurse for Children in Care:
Kim Cook — 07747 485425

Children in Care Nurse
Sarah Kearns— 07828 086771

Community CAMHS:
01983 523602

Sexual Health Clinic St Mary's:
01983 534202

Children's Safeguarding Office
Lower Maternity
St Mary's Hospital
Newport
Isle of Wight



Information about Health Assessments for Children in Care

Leaflet for young people and carers



Introduction

When you become looked after, you will need to have regular health assessments. This will assess your general health and will be an opportunity for you to talk about any aspects of your health or well-being that may concern you.

About the First (Initial) Health Assessment

The health assessment takes about one hour.

Your first health assessment will be carried out by a doctor, this will take place at the hospital in the Childrens Out patients Department. The doctor will check your height, weight, ears ,eyes and will listen to your heart. He/she will discuss the examination with you and will ask you questions about how you are feeling and if there is anything he/she can help you with.

The doctor will also check that you have a dentist and a GP.

Review Health Assessment

Further assessments will be carried out by the Children in Care Nurse once a year. You will be asked about your health , when you last saw a dentist and an optician, how you are getting on at school and out of school. The nurse will check your height and weight again and ask if you feel you have any problems with your hearing.

Your health assessment is also an opportunity for you to :

- Talk about health concerns or worries
- Discuss giving up smoking, drug use or drinking. Also any problems with sexual health, feelings and emotional health

The nurse can help to register you with a doctor or a dentist if you are not already registered.

The Doctor or the Nurse can refer you to be seen by another NHS service if necessary.

Can I be seen on my own ?

Your carer or keyworker may attend with you, but you can ask to be seen alone.

Who will know about my health assessment

Your records will be completed by the Looked After Children Health Team. A summary and care plan will be sent to your social worker and GP. You can request a copy if you wish.

Discussions are confidential, we will however, explain to you if your information needs to be shared

NHS Isle of Wight

Children's Safeguarding Office
Lower Maternity
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

Direct Tel No (01983) 822099 Ext 5412
Mobile number: 07747 485425