

This leaflet provides information on the help and support that is available for you to look after your health, now that you are leaving or have left care.

If you have any further questions or concerns, please do not hesitate to contact one of the Children in Care (CiC) nurses on 01983 822099 Ext 5412 or on the mobile 07747 485425

You can phone and speak to a nurse on either number above from Monday to Friday between 9am-5pm.

In an emergency please call 999 or go to A&E.

Useful contacts

Children in Care Team—01983 822099 Ext 5412

Sexual Health Services—01983-534202

Primary Care Mental Health Team—01983 523860

Non emergency medical helpline—111

Wessex Healthier Together App

Southern Health CiC App

NHS Choices App



LGBT

IOW Lesbian, Gay, Bisexual and Transgender (LGBT) Network

You can get involved as much, or as little as you like or are able to. The Network meets once a month for about 1½ hours. Most meetings are held at St Mary's Hospital.

If you would like to become a member but want to find out more about the group first, please contact Sam Greatrex, Equality and Diversity Lead on 01983 822099 x 3490 or via email at saman-tha.greatrex@iow.nhs.uk

Substance misuse support

IRIS - Island Recovery Integrated Services

Our new integrated Drug and Alcohol Services offer assessment and recovery focused treatment for people who misuse drugs and alcohol. In addition, we also provide support for families and carers of drug and alcohol misusers. If you have a drug dependency, you will be entitled to assessment for detoxification and residential rehabilitation.

Referral into the service can be made by any person, professional or service, we can be contacted on 01983 526654.

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You and your health

Transitioning to adult services:

As a young person leaving care it is vital your move to adult services is as smooth as possible and you have a clear understanding of how to access ongoing support should you need it.

You will get help and support as well as the opportunity to talk about your health and transitioning when you leave care. Your carers / personal advisers and social worker will all be able to support you in making the right health decisions specific to your needs. You can also speak to one of the Children in Care nurses on the numbers provided within this leaflet.

Registering with a GP

You should already be registered with a GP however if you are planning on moving area you will need to register with a general practitioner (GP) within that locality. You can find local GPs on the NHS Choices website www.nhs.uk or alternatively the Children in Care nurse can support you with this.

To register with the GP you will need to go to that GP practice and complete a registration form, you will be required to have the following details:

- name and address
- date of birth
- previous GP (check with your social worker or CiC nurse)
- NHS number/form of identification (eg passport, proof of address)

You can ask your GP or social worker for a more detailed history of your health, your GP is also a good place to get mental health support and advice, you can also discuss this with you CiC nurse.

Emotional Health

Primary Care Mental Health Team (IAPT)

For support with depression, stress, anxiety, low self-esteem, difficulties in assertion, health worries, trauma and post-traumatic stress disorder.

Our contact telephone number is:

Tel: 01983 532860

Opening times:

Monday and Wednesday: 9.00am – 7.00pm

Tuesday, Thursday and Friday: 9.00am - 5.00pm

Community Mental Health

Our services are available via a GP referral for adults of all ages experiencing mental health problems. We provide a single point of entry to Mental Health Services for people who have conditions such as: Anxiety, depression, OCD, phobic disorders, personality disorders, eating disorders, bi-polar disorder, schizo-affective disorder, schizophrenia, psychotic depression, first episode psychosis

Sexual health and relationships

You can get sexual health advice from your GP, Children in Care nurse, social worker, personal adviser and local sexual health clinics. One of the Children in Care nurses is happy to support you in attending appointments within the sexual health clinic should you require it. Looking after your sexual health can help reduce the risks of sexually transmitted infections as well as preventing an unwanted pregnancy.

These services will provide free, confidential advice on contraception as well as undergoing tests for sexually transmitted infections within your local sexual health clinic. To find your local clinic visit the NHS choices website: www.nhs.uk or alternatively the Children in Care nurse can support you with this.

Healthy eating

A nutritious, well-balanced diet – along with physical activity and refraining from smoking – is the foundation of good health. Try to eat a healthy balanced diet which includes fruit and vegetables daily.

You can seek advice and support for the Children in Care nurses, your personal advisor, your social worker and carers.

Healthy activities

Keeping active improves your health and your mood, as well as regulating your body weight.

Regular exercise provides the following benefits:

- strong muscles and bones
- weight control
- decreased risk of developing type 2 diabetes
- better sleep
- a better outlook on life
- reduced stress

Dental Health

To maintain good oral health it is vital to take care of your mouth, teeth and gums. Good oral and dental hygiene can help prevent bad breath, tooth decay and gum disease-and can help you keep your teeth as you get older.

You should attend your dentist every 6 months to prevent dental problems in the future. If you are in full time education your treatment may be free, it will depend on your circumstances. For exemptions and to find your local dentist visit the NHS choices website: www.nhs.uk or alternatively the Children in Care nurse can support you with this.

Eye testing

If you are in full time education eyes tests are free between the ages of 16-18 years, however if you are over 18 you may be entitled to a NHS funded eye test. If you wear glasses you will need to attend more regular appointments to maintain the correct prescription for you as you progress into adulthood. To find your local optician visit the NHS choices website: www.nhs.uk or alternatively the Children in Care nurse can support you with this.