

Enquires to be directed to: LSCFT Children in Care and Care Leavers Nurse Team.

Direct Line: **East Lancs and Blackburn with Darwen nurse team-01254 283399**

Direct Line: **Central Lancashire nurse team- 01772 777220**

**PRIVATE & CONFIDENTIAL**

Date:

Dear

We are aware that you are now leaving care, so we would like to give you information about your health. We have provided 2 copies so you can give a copy to your personal advisor in the leaving care team if you chose to do so.

**This is your own confidential personal health record and:**

- **It includes information about your medical history and some facts about your health when you were younger**
- **You might need this information in the future if you have any medical treatment**
- **You can take it with you when you go to see the Doctor, Dentist or anybody else you might see about your health.**

**Please keep this information in a safe place as you may need it in the future.**

Your NHS No is:

**GP (General Practitioner) - It is very important that you are registered with a GP. Your GP has all your health information past and present so if you require this for specific purposes e.g. information for employment, please make an appointment with your GP to discuss what information you require. Your GP is usually the first doctor you will see if you are unwell or worried about your health.**

<b>GP details</b> (Doctor)	
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**Dentist - It is important to keep your teeth and gums healthy. Even if you don't think there is anything wrong with your teeth it is important to see your dentist every six to twelve months for a check-up. If you are not registered with a dentist call the Lancashire dental helpline on 0300 123 4010. If you require emergency dental advice you can call NHS 111.**

<b>Dentist details:</b>	
<b>Your last appointment was:</b>	

Your Immunisation history:-

Dates given	1	2	3	4	5
Diphtheria					
Tetanus					
Polio					
Pertussis					
Hib					
Pneumococcus					
Rotavirus					
Meningitis B					
Meningitis C					
MMR					
Influenza					
HPV					
Men ACWY					
BCG					
Hepatitis B					
Other: Covid 19					

	<b>Yes</b>	<b>No</b>
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Your immunisations are up to date:		
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**Please make an appointment to see your General Practitioner (GP) to have your incomplete immunisations as stated below:-**

**Please let us know if there is anything you would like to know about your past or current health. For example your birth weight, an operation you had when you were younger or previous hospital appointments, anything that is important to you. If you think about something at a later date you can let us know:**

**Known Medical History/Allergies:**

.....we would advise you to have regular vision checks to ensure your eyes are healthy. You will be able to have vision checks through any optician.

Your feedback is really important to us, please let us know about how you found your experience with this care leaver's health summary by accessing the site below through scanning the QR code to your phone or copying the link into your address bar. Thank you

<https://forms.office.com/r/b5FDPSAbq6>

and the QR Code is ;

### **Children in Care / Care Leaver Feedback**



**Please contact The Enhanced Children in Care and Care Leavers team on the number at the top of this letter if you would like to discuss any health needs at all.**

Once you are 18, you will no longer require an annual health assessment. If you would like to talk about your health or require any health advice or support to access health services, please do not hesitate to contact us or ask your personal advisor to contact us of your behalf on the above telephone numbers.

**Yours sincerely**

**Children In Care and Care Leavers Nurse**

Cc Young Persons health records/ GP records

### **Useful websites**

Please subscribe to the care experienced news letter. This is a news letter written by care experienced young people with information about events you could take part in or health and wellbeing advice. Please click the link below to access and subscribe to the news letters. To see the newsletters click on the green button that says "Read the FYP"

[The For You Page newsletter for care experienced young people - Lancashire County Council.](#)

### **Advice and information on smoking**

[www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit](http://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit)

### **Advice and information on alcohol**

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

[www.nhs.uk/livewell/alcohol](http://www.nhs.uk/livewell/alcohol)

### **Advice and information on sexual health – contraception, sexual health, family planning**

[www.brook.org.uk](http://www.brook.org.uk)

[www.nhs.uk/livewell/sexualhealthtopics](http://www.nhs.uk/livewell/sexualhealthtopics)

### **Advice and information on drugs**

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

### **Advice and information about healthy eating and exercise**

[www.nhs.uk/livewell/fitness](http://www.nhs.uk/livewell/fitness)

[www.nhs.uk/livewell/healthy-eating](http://www.nhs.uk/livewell/healthy-eating)

### **Help and support with housing**

[england.shelter.org.uk](http://england.shelter.org.uk)

### **Advice and support with mental health issues**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.samaritans.org.uk](http://www.samaritans.org.uk)

### **How do I register with a dentist?**

You can find a dental surgery near you by using the NHS Choices website [www.nhs.uk](http://www.nhs.uk) by typing your postcode into the search box.

Phone the receptionist and ask if you can register. Don't worry if they tell you they are not able to accept new patients, just choose another dentist.

Just like when you register with the GP, you will probably need to go to the dentist and complete a **registration form**. **You do not need to provide ID but this may help with registration. If you do not have any ask your PA for support with this as they will be able to provide this to your Dentist.**

If you are not registered with a dentist and require emergency dental treatment, you can contact **0333 332 3800**, please be aware that an appointment offered could be out of the area you are living.