

NYAS is a UK charity providing socio-legal services. They offer information, advice, advocacy and legal representation to children, young people. Young People can contact NYAS on 0808 808 1001

CEOP (Child Exploitation and Online Protection Centre)

The UK's national police centre for protecting young people and children from sexual abuse.

0870 000 3344
www.ceop.police.uk

Action for Children is a UK children's charity committed to helping vulnerable and neglected children and young people, and their families, throughout the UK

020 7704 7000
www.actionforchildren.org.uk

Compass REACH is a county wide service that offers both psychosocial and clinical interventions to young people who are involved in risk taking behaviours

01609 777662.
NYRBS@compass-uk.org

Confidentiality

Harrogate and District Foundation Trust (HDFT) has a duty to keep your information confidential. However, if staff have any concerns about your safety and wellbeing or that of a member of your family, they have a duty of care to pass the information as appropriate.

If as a carer you feel you need support and advice regarding the health of a Looked After Child, please feel free to phone their Health Visitor or school nurse. The Healthy Child Service can be contacted on 01423 557711. You can also contact the Looked After Children's Team on 01845 521682.

Comments, Compliments and Complaints

If you wish to comment on any aspect of our service, please let a member of staff know

Telephone:



01423 555499

Email:



thepatientexperienceteam@hdft.nhs.uk

Write to:

The Patient Experience Team
Trust HQ
3rd Floor Strayside
Harrogate & District NHS
Foundation Trust
Lancaster Park Rd
Harrogate
HG2 7SX



Zero Tolerance

You should treat NHS staff and other patients with respect – if you abuse people you may be prosecuted.

Health Assessment Information for Carers of Looked After Children and Young People



All Children Looked After must be **permanently** registered with a local General Practitioner and Dentist. Any problems accessing such services, after approaching them directly should be discussed with the child's Social Worker.

Studies of Looked After Children show that they have poorer health than other children. Childhood experiences of neglect, emotional, physical and or sexual abuse and exposure to domestic violence mean that Looked After Children need a Health Assessment as they are likely to have a higher incidence of emotional health and mental health problems. They are also at greater risk of sexual exploitation, teenage pregnancy and risk taking behaviour. Many have missed vaccinations and immunisations, dental, hearing and eye checks.

These health needs left unaddressed can affect not only health but behaviour and education attainment. Also the stability of placements can be compromised, particularly when the difficulties in adolescence are faced.

Through a comprehensive Health Assessment, health needs will be identified and a Health Plan put in place and maintained.

As part of a holistic approach to meeting the health needs of Looked After Children, we are keen to ensure they receive the support and services they need. The Health Assessment enables us to build a picture of what is needed and to formulate an action plan. As carers your support in encouraging them to take up the opportunity of a health assessment is vital

The Initial Health Assessment (IHA)

This is a legal requirement and the Social Worker requests the Doctor to undertake the assessment as soon as a child becomes Looked After. It is the carer's responsibility to encourage the child to attend and to support us in identifying and meeting the child's health needs. **Review Health Assessments (RHA)** These are requested by the Social Worker every six months for children under 5 years old and annually for those over 5 and up to 18 years.

These may be undertaken by an appropriately trained Registered Nurse, Health Visitor, School Nurse or Mentor. It is the carer's responsibility to encourage the child to attend and to support us in identifying and meeting their health needs. With consent, a copy of the health plan following the IHA or RHA will be sent to their GP and Social Worker to help future health care planning. It is the Social Workers responsibility to distribute as required.

Health Record Book (Blue Book)

These are being given to NYCC children over 5 years of age when they enter care by their Social Worker with the welcome pack. The carer should take this to the IHA and all subsequent health appointments, it will be handed to the young person when they leave care.

Health Care Passports

If the young person does not have a Health Record Book a Health Passport will be offered. This is a summary of the Young person's health throughout their time as a Looked After Child. They may find the information useful, it will be given to them when they are a care-leaver or in the future if they prefer. This will be offered at the time of their final Review Health Assessment.

Useful Contacts

Call 111 if:

you need medical help fast but it's not a **999** emergency.

You think you need to go to A&E or need another NHS urgent care service.

You don't know who to call or you don't have a GP to call

NHS Choices (www.nhs.uk) is the UK's biggest health website. It provides a comprehensive health information service to help put you in control of your healthcare.

NHS Stop Smoking Service To find out more about sessions near you and to book to see an advisor, please telephone the North Yorkshire NHS Stop Smoking Service on 0300 303 1603

Childline

Free and confidential helpline for children & young adults in the UK.
(24 hours): 0800 1111