

## Health resources

[www.nhs.direct.nhs.uk](http://www.nhs.direct.nhs.uk)

Directory of health services and symptoms

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

Mental health and wellbeing

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Healthy eating advice for children

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

Advice on internet safety

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

Healthy eating and activities

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

Internet safety

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

Confidential drugs information and advice

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

Sexual health services and advice in the East Riding

### **Patient Advice and Liaison Service (PALS) and Complaints**

Humber Teaching NHS Foundation Trust  
Trust Headquarters  
Willerby Hill  
Beverley Road  
Willerby  
HU10 6ED

Tel. 01482 303930

Email. [HNF-TR.pals@nhs.net](mailto:HNF-TR.pals@nhs.net)

Email. [HNF-TR.complaints@nhs.net](mailto:HNF-TR.complaints@nhs.net)



[www.humber.nhs.uk](http://www.humber.nhs.uk)

## Contact information:

### **Designated Looked After Children Nurse**

Lisa Clark

### **Looked After Children Health Co-ordinators**

Cathy Harling

Claire Lee

### **Edge of Care Nurse**

Cath Dyer

### **Administrators**

Lisa Anderson

Kerry Roydhouse

### **Health Service for Looked After Children in the East Riding of Yorkshire**

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Manor Road  
Beverley  
HU17 7BZ

Telephone: 01482 347320

Email: [HNF-TR.LACTeamEastRiding@nhs.net](mailto:HNF-TR.LACTeamEastRiding@nhs.net)



**Humber Teaching**  
NHS Foundation Trust

# Looked After Children Health Service

## Your Initial Health Assessment

Children and young people  
aged 0-18 years old

Inside this leaflet you will find information on:

- The Looked After Children's Health Team
- Why you need a health assessment
- What happens during and after the assessment



## **The Looked After Children's Health Team**

We are a team of nurses and a General Practitioner (GP) who assess the health needs of looked after children and young people.

There are two administrators who co-ordinate the service.

## **Why do I need to have a health assessment?**

It is a requirement that all children and young people in care who are looked after have an initial health assessment within 28 days of coming into care.

## **What is a health assessment?**

The health assessment is an opportunity for information to be gathered about your health through conversation with yourself and your carer. We will also request information from your GP, school and social worker.

It is your chance to look at all aspects of your lifestyle to help you take steps towards a healthier you.

It also gives you the opportunity to ask questions about how your body works or talk about anything that is worrying you.

Initial health assessments are mainly carried out by a female GP or a paediatrician, usually at the Beverley Health Centre.

## **What happens in the assessment?**

The doctor will talk to you and may ask you to sign a form giving your consent for them to carry out the assessment.

Children under 2 years of age maybe required to undress to be examined.

Older children will not be asked to undress. The doctor may carry out examinations such as listening to your chest and looking into your ears and mouth.

Your height and weight will be measured.

The doctor will talk to you about your physical and emotional wellbeing, as well discussing other issues such as sexual health, smoking and substance misuse.

## **We may also talk about:**

- Healthy eating
- Exercise and fun things you like to do
- Your safety and things you are learning about in school, including
- Internet safety
- Your feelings

## **Will you talk to anyone else about me?**

The doctor may want to talk to your GP or other health professionals about your health but will ask for your consent before doing so.

Conversations that you have with your doctor or nurse are confidential and will only be shared with social workers, carers or family if you are felt to be at risk of harm or danger.

## ***Conversations that take place with your doctor or nurse are confidential***

## **What happens after the assessment?**

When the health assessment is finished the doctor will write a care plan to make sure that you are getting the best possible help to keep you healthy.

You or your carer, social worker, reviewing officer and GP will be sent a copy of the summary and care plan.

The doctor will talk to you if they think you need any help with your health and with your agreement will make arrangements for this to happen or ask your social worker or carer to arrange the appropriate appointments.