



# Your health

Information for  
children and young  
people looked after

## **The healthcare team**

We are a team of qualified nurses and doctors with a special interest in the health of children and young people who are looked after by Lambeth and Southwark Local Authority. We are based at Mary Sheridan Centre and Sunshine House. We are here to help you stay healthy.

## **The health assessment**

A health assessment is a check-up done every year. This is to make sure that we understand your health needs. After the assessment we can put a plan in place to meet your needs and support you.

This health assessment usually takes place at Mary Sheridan Centre or Sunshine House. Each health assessment takes about 1 hour. An interpreter will be booked for you if needed.

## **Who can come with you?**

Your carer will usually come with you to your assessment. You can ask to speak to the doctor or nurse on your own if you prefer.

Young people aged 16 and over can choose to come to their assessments on their own.

## **Your first health assessment**

At your first health assessment you will see a doctor. They will ask you questions about your health and any worries or concerns you have.

They will check your height, weight, eyes and ears. A physical assessment from a doctor will usually be done and referral made to other services if needed. The assessment will include listening to your heart and checking breathing. You will also be asked about what immunisations you have had. We will check your records if you are not sure.

If you have any concerns about your health, you can talk to the doctor about these.

The doctor might arrange for more tests, or for you to be seen by other health professionals if you need to. For example, they might ask you to see your GP, the hospital doctor or a specialist service.

## **Future health assessments**

Future health assessments might be done by a doctor or a nurse.

These assessments might take place at Mary Sheridan Centre, Sunshine House, or at home or at school. They can be done before or after school or college, or in the holidays.

You will be asked about your physical and emotional health, when you last saw a dentist and optician, if you have any concerns about your eyesight or hearing, and how you are getting on at school or college.

Your height and weight will also be checked. You will be asked again about what immunisations you have had. Your health assessment is also an opportunity for you to talk about what concerns you.

## **Who will know about your care and treatment?**

Your health records will stay with the Children looked after health team. A summary of your health assessment, care plan and letters will be sent to your social worker and your GP.

Everything you speak about with the doctor or nurse during your assessment is confidential. We will talk to you about what information will be shared.

## **Other services we provide**

- Information for people that look after you so they can support you.
- Sexual health advice and support.
- Information about diet, exercise and healthy lifestyles.
- Advice about immunisations that will help you to be healthy. We will check your records. We can offer you immunisations if you need them.
- We can go to meetings or appointments with you if you want.
- We can see you again for another health appointment if you want.

## Strengths and difficulties questionnaire (SDQ)

Children and young people looked after aged 11 years and over are asked to complete an SDQ every year. These questionnaires are used to help identify and support any emotional or behavioural needs you might have.

### Contact us

If you have any questions or concerns about your health assessment, please contact a nurse, Monday to Friday, 9am to 5pm

Southwark 020 3049 8037

Lambeth 020 3049 5974

If we cannot take your call, leave a message and a nurse will call you back. You can also ask your carer or social worker to call you.

In an emergency, call 999 or go to your nearest emergency department (A&E).

For more information on conditions, treatments, procedures and services offered at our hospitals, please visit [web www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

## **Southwark Children looked after health team**

Sunshine House, 27 Peckham Road,  
SE5 8UH **phone** 020 3049 8037

**email** [gst-tr.southwarklac@nhs.net](mailto:gst-tr.southwarklac@nhs.net)

## **Lambeth Children's looked after health team**

Mary Sheridan Centre for Child  
Health, 5 Duggard Way, SE11 4TH

**phone** 020 3049 5744

**email** [gst-tr.lac@nhs.net](mailto:gst-tr.lac@nhs.net)

## **Evelina London Medicines Helpline**

If you have any questions or concerns  
about your medicines, speak to the

staff caring for you or contact our

helpline, **phone** 020 7188 3003

Monday to Friday, 10am to 5pm

**email** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

## **NHS website**

Information on all aspects of health and  
healthcare, including Covid-19

**web** [www.nhs.uk](http://www.nhs.uk)

**Leaflet number: 4371/VER2**

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