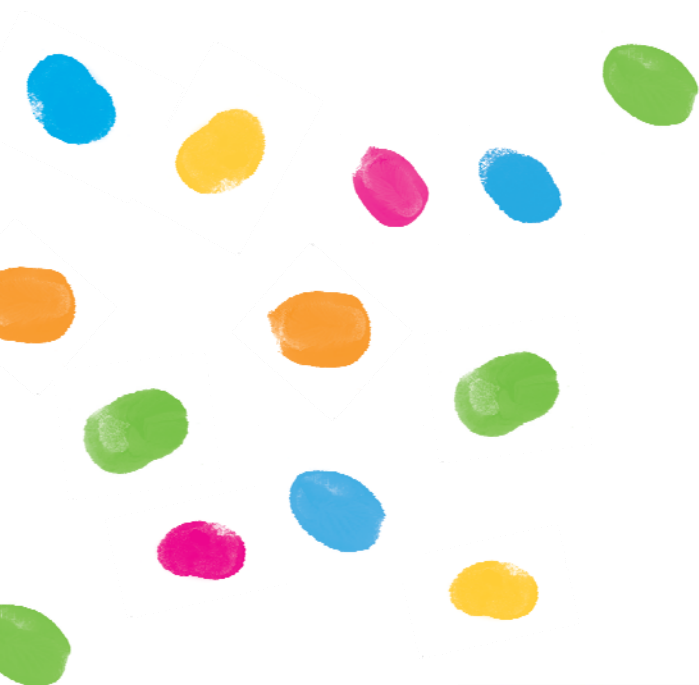




**Evelina**  
London

# Health information

for looked after children



showing  
we **care**

## Who are we?

We are the looked after children, young people and care leavers health team. We are a team of nurses and doctors who look after the health of children. We are here to help you and support you to stay healthy.

We are based at Sunshine House in Camberwell. Our address is listed at the end of this leaflet.

## What is a health check?

A health check is when a member of the health team will talk to you about how you are feeling to make sure you are healthy. We do this once a year. We sometimes call it a health assessment.

Children under five years old have two health checks a year.

## What happens at your health check?

- Each health check takes about an hour.
- At your first health check you will see a doctor. The doctor will ask you some questions about your health and about any worries or concerns you might have. He or she will then check your height, weight, eyes, ears, and may listen to your heart.
- Your health check usually takes place at Sunshine House.
- Further health checks could be carried out by a nurse or a doctor. These may take place at home or at Sunshine House.
- You will be asked about your health, when you last saw a dentist and also when you last had an eye test. The person looking after you will help you answer these questions.
- You will also be asked about how you are getting on in school.
- The nurse or doctor will also check your height and weight at each visit.
- You can talk about how you feel or if you have anything you are worried about.

## We can also help you with:

- Information for those that look after you so that they can help and support you.
- Information about diet, exercise and healthy lifestyles.
- Advice about injections that can help prevent illness. If necessary we can give injections at Sunshine House.

## Contact us

Your carer or social worker can contact one of our nurses at any time by ringing **0203 049 8167** or **0203 049 8112**.

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

### **Looked after children / Young people and care leavers health team**

Sunshine House  
27 Peckham Road  
SE5 8UH

**t:** 0203 049 8037

## **Evelina London Medicines Helpline**

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

**t:** 020 7188 3003 10am to 5pm, Mon to Fri

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

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

To make comments or raise concerns about the Trust's services, please contact PALS.

**t:** 020 7188 8801

**e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

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