



Evelina
London

Your health

Information for
looked after young people



showing
we **care**

Who are we?

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 Southwark. We are here to help and support you to stay healthy.

We are based at Sunshine House in Camberwell.

Please see the back of this leaflet for the Sunshine House details.

What is a health assessment?

A health assessment is an annual health check-up for children and young people who are looked after by Southwark.

What happens at your assessment?

Each health assessment takes about an hour. At your first health assessment you will be seen by 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 will listen to your heart. Another member of staff will sit in on any examinations that are done. This assessment usually takes place at Sunshine House.

If you have any concerns about your health, you can discuss these with the doctor who may examine you further, arrange tests or referrals if needed.

Further health assessments could be carried out by a nurse or doctor. These may take place at Sunshine House or at home. This can be carried out before or after school/college or in the school holidays.

You will be asked about your health, when you last saw a dentist, an optician or if you have any concerns about your hearing and how you are getting on in school or college. Your height and weight will also be checked.

Your health assessment is also an opportunity for you to:

- Talk about any health concerns or worries
- Discuss smoking, substance misuse, sexual health, feelings and emotional health
- If necessary, we can refer you to be seen by another service such as your GP, hospital or a specialist service.

Who will know about your care and treatment?

Your health records will stay with the Looked after children health team.

A summary of your health assessment, care plan and letters will be sent to your social worker and GP.

Discussions are confidential. We will talk to you about what information will be shared.

We can also provide:

- Information for those that look after you so that they can help and support you
- Sexual health advice and support
- Information about diet, exercise and healthy lifestyles
- Advice about immunisations that will help you to be healthy. If necessary we can give immunisations
- We can attend meetings or health appointments with you if you wish
- See you outside of your yearly health assessment if you wish.

Who can attend your assessment with you?

Your carer will normally come with you to your assessment. However you can ask to speak to the doctor or nurse on your own if you prefer. Young people aged 16 and over may choose to attend their assessments on their own.

Strengths and difficulties questionnaires (SDQs)

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

Contact us

If you have any questions or concerns, you can phone to speak to a nurse on 0203 049 8167 or 0203 049 8112 (Monday to Friday, 9am to 5pm).

If we are unable to take your call please leave a message. A nurse will always ring you back. You can also ask a carer or social worker to contact us for you if you wish.

In an emergency, please call 999 or go to your local A&E.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit 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

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

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