

Looking after your health after leaving care

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This leaflet provides information on the help and support that is available for you to look after your health, now that you are leaving or have left care. If you have any further questions or concerns, please do not hesitate to contact one of the Looked After Children's (LAC) nurses on 020 3049 8167 / 8112.

You and your health

You can get help and support and an opportunity to talk about your health when you leave care. Your carer and/or personal advisor / social worker will be able to support you in deciding where to get help, and in making choices about your health. You can also speak to the Looked After Children's (LAC) nurse. There are other services that can also help you – see below.

Registering with a GP

You should register with a general practitioner (GP) in your local area so that if you become unwell you can book an appointment. You can find local GPs on the NHS Choices website: www.nhs.uk

To register with a GP, go to the GP practice. You will need to complete a registration form, which will ask for the following details:

- name and address
- date of birth
- previous GP (ask your social worker or LAC nurse)
- NHS number/form of identification (eg passport, proof of address).

You can contact your GP and social worker for more detailed information about your health history. Your GP is a good place to get mental health support and advice.

Dental health

Looking after your teeth by attending the dentist every six months is important. This will help prevent dental

problems in the future. Your treatment may be free if you are in full-time education. It will depend on your circumstances. For exemptions and to find your local dentist visit the NHS choices website: www.nhs.uk

Eye testing

NHS eye tests are free if you are under 16, and if you are in full-time education between the ages of 16-18. If you are over 18, you may be entitled to a NHS-funded eye test (funding does not apply to everyone). If you wear glasses you will have to attend for more regular appointments. To find your local optician visit the NHS choices website: www.nhs.uk

Sexual health and relationships

You can get sexual health advice from your GP, LAC nurse, social worker, personal advisor and local sexual health clinics. Looking after your sexual health can help reduce your risk of getting a sexually transmitted infection or unwanted pregnancy. You will be able to get free, confidential advice and contraception, and undergo tests for sexually transmitted infections at a local sexual health clinic. To find your local sexual health clinic visit the NHS Choices website: www.nhs.uk

Healthy eating

Try to eat a healthy balanced diet that includes fruit and vegetables. This will help you to feel well, as will cooking healthy meals. You can seek advice and support from the LAC nurse, your carer, social worker and personal advisor.

Healthy activities

Keeping active will improve your health and mood, and help regulate your body weight. Getting involved in activities and sports are great ways to keep fit. Choose an activity you enjoy. Being active can also help to reduce stress. You can seek advice and support from your personal advisor, LAC nurse, carer and social worker.

Useful contacts

Emotional Health

YoungMinds

Charity committed to improving the emotional wellbeing and mental health of children and young people.

w: www.youngminds.org.uk

Faces in Focus

A young people's counselling service for 11 – 25 year olds who mainly live, study or work in Southwark and Lambeth.

t: 020 7403 2444 **e:** reception@facesinfocus.org.uk

w: www.facesinfocus.org.uk

Metro

Provides free and confidential services to LGBT young people in south-east London.

t: 020 8305 5000 **e:** info@metrocentreonline.org

w: www.metrocentreonline.org

The Well Centre

A health centre for those aged 13–20. Drop in to see a youth worker, counsellor or doctor and discuss any health concerns or worries in a safe and confidential space.

t: 020 8473 1581 **e:** info@thewellcentre.org

w: www.thewellcentre.org

Sexual Health

Brook

Confidential sexual health and well-being services for young people in the UK.

w: www.brook.org.uk

FPA

Sexual health charity offering information, advice and support on sexual health, sex and relationships to everyone in the UK.

w: www.fpa.org.uk

Terrence Higgins Trust

Voluntary-sector provider of HIV and sexual health services in the UK, running services out of local centres across Great Britain.

t: 0808 802 1221 **e:** info@tht.org.uk

w: www.tht.org.uk

Smoking, Drugs and Alcohol

Guy's and St Thomas' stop smoking service

Free local support to help people give up smoking.

t: 020 7188 0995 **e:** stopsmoking@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk

Insight Southwark

Confidential support service for young people aged 11–24, living with or affected by drug and alcohol issues, in Southwark.

t: 020 3031 9386 **e:** info@insightsouthwark.co.uk

w: www.insightsouthwark.co.uk

Frank

Confidential advice about drugs for young people.

t: 0300 123 6600 **w:** www.talktofrank.com

Healthy Eating and Exercise

NHS Choices

Main NHS public website, containing information on health, and signposting to local services.

w: www.nhs.uk

NHS Change4Life

Public health programme in England to tackle the causes of obesity.

t: 0300 123 4567 (9am–8pm)

w: www.nhs.uk/change4life

Young Parent Support Services

Useful websites for young parents

w: www.southwark.gov.uk

w: www.healthystart.nhs.uk

w: www.home-start.org.uk

Looked after children / Young people and care leavers health team

Sunshine House, 27 Peckham Road, SE5 8UH

t: 0203 049 8037

Contact details

You can phone to speak to a nurse on 0203 049 8167 or 0203 049 8112 Monday to Friday 9am-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 A&E.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.evelinalondon.nhs.uk/leaflets

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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