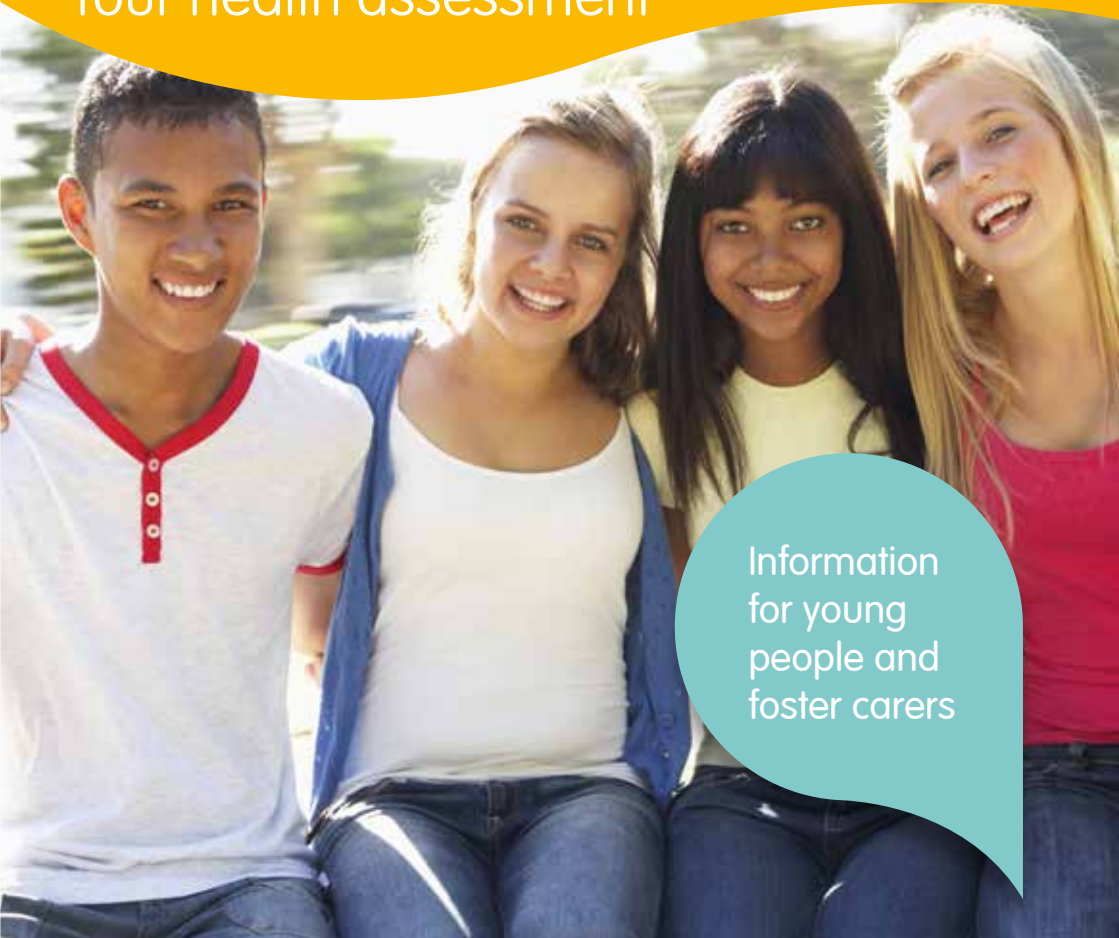


Looked After Children Health Service

Your health assessment



Information
for young
people and
foster carers



Your health assessment

We are here to help you stay healthy.

This leaflet explains what will happen when you come for your regular health assessment. It also tells you how to get health advice or treatment from the team at other times, if and when you need it.

What is a health assessment?

A health assessment is a regular check-up that all looked after children must have once a year. Children under five years old have two assessments each year.



What happens at my assessment?

At your initial assessment you will see a doctor. The doctor will ask you some questions about your health, and any worries you may have. You can choose whether to be examined or not.

The doctor will check you:



Height



Weight



Hearing



Eyesight



Overall
After

After your initial health assessment you will usually see a nurse for your annual health assessment. Again, she/he will ask you about your health and how you are getting on at home, school or college etc. You will not be examined. She/he can visit you at your home or school, or you can be seen at Crowndale Health Centre.

Can I make an appointment at other times? **Yes.**

You can arrange an appointment through your key worker, social worker or foster carer or you can make an appointment yourself, by calling the Crowndale Health Centre on **020 3317 2403**

You can make an appointment to:

- Discuss a health concern you have.
- Talk to someone about issues such as sexual health, drug use, or emotional problems.

If necessary, we can refer you to be seen by another NHS service, such as a GP, hospital clinic or specialist service.

We also provide:

- Immunisation updates to keep you protected against common conditions
- Advice and information for foster carers - on child development, emotional difficulties, diet, nutrition and common health problems.

Can I be seen on my own?

Your carer or key worker will normally come with you for an appointment. However, if you are 11 or older you can choose to see the nurse or doctor by yourself. Your carer or key worker will be asked to wait in reception.

Who will know about my care and treatment?

Your medical records will stay with the Looked After Children's Health Team. Only a summary of your health assessment will be sent to you or your carer, your social worker, GP and any other person you agree for us to send it to.



Comments on our service

We welcome views on our services.

Tell us, we're listening! Our staff want to know how they are doing. Tell us what you think at www.cnwl.nhs.uk/feedback then we'll know what we have to do.

If you have any comments or concerns regarding the service, please feel free to contact us on 020 3317 2403.

How to find us

Looked After Children
Health Service
Crowndale Health Centre
59 Crowndale Road London
NW1 1TN

.....

Tube:

Mornington Crescent
(Northern Line,
Charing Cross Branch)

Train:

Euston
Kings Cross
St Pancras

.....

Bus:

24, 27, 29, 88, 134,
168, 214 and 253

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This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish