



Somerset
NHS Foundation Trust

Welcome to the Somerset Children Looked After (CLA) Team

Children looked after health

Patient information

outstanding care
listening and leading
working together

Hi there.

We hope you're doing okay.

We are your health team. We are understanding, compassionate and caring people with specialist skills and experience. We want to listen and help you with your health needs.

What do we do?

We make time for all our Children Looked After to help improve their health. We help you to reach your full potential, and understand any extra needs you may have.

Meet the Children Looked After team



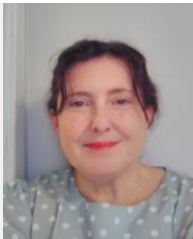
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Dr Carol Smith is the Children Looked After designated doctor and works at Musgrove Park Hospital in Taunton.

What is a Health Assessment?

We are involved in your health assessments, and in the planning and delivery of your healthcare. We can offer specialist advice to you and your foster carers.

We complete your review health assessments every 6 months if you are under 5 years old, or every year if you are over 5 years old. Sometimes we ask our colleagues to help out with these assessments so you may have a school nurse or health visitor complete this.

Someone will contact you, or your foster carer to arrange your health assessment, so please don't worry. As a team we are available to you until you reach 18 years old. After you turn 18, we will help with your transition to adult services.

You will be offered your first 'Initial Health Assessment' within the first month you come into care. Your social worker and foster carers will support you to come to this assessment and it's really important that you attend. This initial health assessment usually involves seeing a doctor. During the health assessment you have the chance to talk about any aspect of your health with the doctor.

This could be talking about:

- any medication you are taking
- how you are feeling
- lifestyle choices such as smoking or using drugs
- your sexual health
- how you are sleeping
- your diet
- what exercise you do

At this first assessment you will be offered a physical examination. This

involves checking your height and weight and may involve listening to your heart and chest. Your eyes, ears and teeth may also be checked and after the assessment you will receive a health care plan.

What is a 'Health Care Plan'?

Your health care plan explains to the people involved in your care how best to meet your health needs. For this reason a copy is sent to you or your carer, social worker and GP. We will agree with you what information goes into your health care plan.

Confidentiality

You can tell us anything you like. We keep your health information private. We will only tell people the things you want them to know. BUT if you tell us something that means you or another person is not safe then we have a duty to tell someone. We will always talk to you first before doing this.

How else can we help?

We are here for you to discuss health concerns you may have such as sexual health, drug use or emotional difficulties.

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

We can get access to immunisation updates to keep you protected against common conditions.

We can give advice and information to foster carers on child development, emotional difficulties, diet, nutrition and common health problems.

Your health care plan

It would be helpful for you to keep your health assessment and health care plan safe and to take them along to any health appointments.



Contact details

You can contact us by emailing:

CLAnursesanddoctors@somersetft.nhs.uk

Or by phoning:

Hannah on 07760 990 410

Kay on 07899 064 759

CLA team/Feb21/review Aug23

www.somersetft.nhs.uk

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Braille Large print Audio

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