

# The Right Side of Care

## In Care Your Health Assessment

The leaflets in this pack have been developed with children and young people from Wirral to give you some information when you first become looked after. You can also visit our website for children looked after, young people and care leavers: [www.therightsideofcare.com](http://www.therightsideofcare.com)

# What is your health assessment?

This is your opportunity to speak to a doctor or nurse about your health. It can cover many things like:

- 🗨️ healthy eating
- 🗨️ your body
- 🗨️ relationships
- 🗨️ how you feel.
- 🗨️ keeping safe

It lasts about an hour and is about you and includes anything you may have on your mind.

## Your health assessment

Your first health assessment will be done with a doctor. Further health assessments, which are called review health assessments, will be completed by your allocated health professional.

## Why do I need one?

You are important and we want to help you stay healthy and active so you can carry on doing the things you like to do for as long as you want to.

By having a health assessment we can make sure you are happy and healthy and find out what else we need to do to keep you that way, or make things better for you.

## **Consent for your health assessment**

Your social worker will ask your parents or an adult with parental responsibility to sign a form which says you can have a health assessment.

The doctor or nurse will ask you if you consent to have your health assessment.




If you do not want to have a health assessment this is your choice and we can discuss this with you.

## **Where will your health assessment be?**

Your first health assessment will be at:

**St. Catherine's Health Centre,  
Birkenhead, Wirral CH42 0LQ**

You can choose where you have your review health assessment. Your nurse can arrange for you to have it:

-  in school
-  where you live
-  or in another suitable place.

## Who is my health assessment shared with?

A copy of the health assessment will be sent to your GP. You can ask to see your health assessment and what has been written about you. A copy of your health care plan will be sent to:

- you (if you are in year 7 and above)
- your carer
- your social worker
- your GP (doctor)

At the end of the health assessment your doctor or nurse will write a health care plan. This is a written record of what you have agreed can be done to keep healthy.

Discussions are private and confidential. Your nurse or doctor will respect your wishes and which information you are happy to be shared with your social worker.

However if the nurse or doctor is concerned that you are being harmed, or your safety or the safety of others is at risk, then they will have to share this with your social worker so you can get the support you need.

## What did you think?

If you are in Year 7 or above, your nurse will ask you to fill in a feedback form about what you thought of your health assessment. We value your views and will use them to improve the service we offer you.

## Contact details for your nurse

Name:

Phone number:

# Some useful contact numbers

## **Childline**

Tel: 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

## **Childrens Commissioner for England**

Tel: 020 7783 8330  
[www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk)

## **Childrens and Young People's Participation and Engagement Team**

Tel: 0151 678 1936  
Mobile: 07799 861 764

## **Childrens Complaints Officer**

Tel: 0151 666 5677

## **Bullybusters**

Tel: 0800 169 6928  
[www.bullybusters.org.uk](http://www.bullybusters.org.uk)

## **Ofsted**

Tel: 0300 123 1231  
[enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)

## **Wirral Council Central Advice and Duty Team (CADT)**

Tel: 0151 606 1008

## **Wirral Council Emergency Duty Team:**

Tel: 0151 677 6557