

# Looked After Children (LAC) Service

*Your health assessment*



**Information  
for young  
people  
& carers**

# Your health assessment

This leaflet will explain what will happen when you attend your health assessment.

We are a team of nurses and paediatricians who assess the health needs of Looked After Children and Young People.

We are employed by East Coast Community Healthcare and the James Paget University Hospital. We work closely with your social worker and carer to make sure that you receive all the healthcare you need.

## What is a health assessment?

A health assessment is a check-up that all Looked After Children are offered once a year. Children under five years old have two assessments each year. Assessments may be offered in-clinic, at school or at home.

Brought to you by East Coast Community Healthcare



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# 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 will answer any worries you may have. You can choose whether you have a physical examination or not.

**At your review assessment, you will see a nurse.**

Similar to your initial assessment, the nurse will ask you some questions about your health, and will answer any worries you may have.

You will not be examined, but your height and weight will be measured, if you are happy with this.

You will also have the opportunity to ask questions about how your body works or talk about anything that is worrying you.

You can choose whether you have a physical examination or not

## The doctor/nurse will check your:



Height



Weight



Hearing



Eyesight



Health



# Can I make an appointment at other times? **Yes!**

You can arrange an appointment through your key worker, social worker or carer, or you can make an appointment yourself, by calling the LAC team on **01502 572380**.

## 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 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, you can choose to see the nurse or doctor by yourself. Your carer or key worker will be asked to wait in a separate room until you are finished.

## Who will know about my care and treatment?

Your medical records will stay with the Looked After Children team; this is called a SystmOne record. Only a summary of your health assessment will be sent to you and/or your carer, your social worker, GP and any other person you agree for us to send it to.



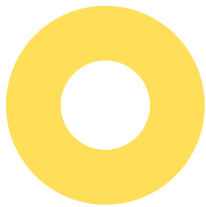
# Contact information

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# Useful resources

[www.nhs.uk](http://www.nhs.uk)

Directory of health services and symptoms

[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)

Steps to a healthier future

[www.mendcentral.org](http://www.mendcentral.org)

For a fitter, healthier and happier life

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Mental health and wellbeing

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Healthy eating advice for children

[www.nspcc.org.uk](http://www.nspcc.org.uk)

Advice on internet safety

[www.icash.nhs.uk](http://www.icash.nhs.uk)

Sexual health service

[www.matthewproject.org](http://www.matthewproject.org)

Local support for drugs and alcohol

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

[www.eatingmatters.org.uk](http://www.eatingmatters.org.uk)

Support on eating disorders

[www.talktofrank.com](http://www.talktofrank.com)

Confidential drugs information and advice

[www.kooth.com](http://www.kooth.com)

Free online counselling and peer support for 11-25 year olds

[www.norfolklgbtproject.org.uk/](http://www.norfolklgbtproject.org.uk/)

LGBT+ support service

[ccs.norfolk.immunisationteam@nhs.net](mailto:ccs.norfolk.immunisationteam@nhs.net)

Immunisation team - Norfolk schools

[ccs-tr.suffolkimmsteam@nhs.net](mailto:ccs-tr.suffolkimmsteam@nhs.net)

Immunisation team - Suffolk schools

ChatHealth - A secure text messaging service for parents, carers and young people to confidentially ask for help about a range of issues and find out how to access local services

**Norfolk: Text: 07480 635060**


**Suffolk: Text: 07507 333356**

Remember: you are not alone



# Compliments, concerns or complaints

Our Patient Advice and Liaison Service (PALS) may be the best starting point if you have a question or concern. If you would like to find an NHS dentist, know where your nearest doctor is or talk through a problem you have had with a service, you can contact the PALS service.

 Tel: 01502 445447

 Email: [patientliaison@ecchcic.nhs.uk](mailto:patientliaison@ecchcic.nhs.uk)

Or write to:  
PALS, East Coast Community Healthcare,  
Hamilton House, Battery Green Road,  
Lowestoft, NR32 1DE



*If you would like this leaflet in large print, audio cassette, Braille or in a different language, please contact us on 01502 445447.*

*Jei šios publikacijos kopija noretumete gauti savo kalba prašome susisiekti su telefono numeriu: 01502 445447.*

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