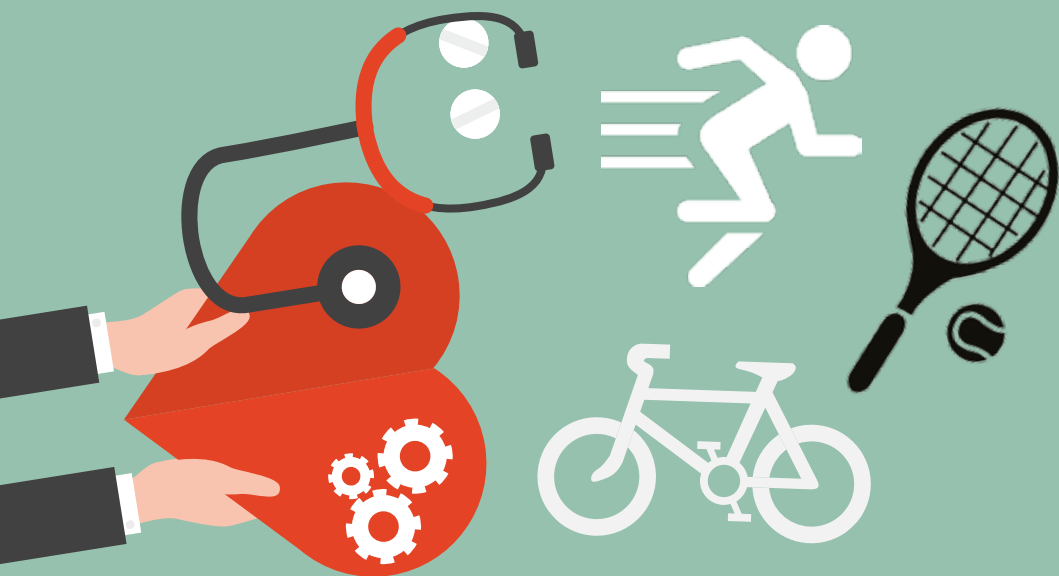


Your health matters!



The first month you're in care we'll make sure you have a health check with a team of doctors and nurses. There's nothing to be concerned about, they'll check things like your hearing, height and weight, how you are growing and if you're sleeping OK. There's other things they'll ask you about, such as:

- how you feel
- health worries
- if you eat and drink OK
- how much exercise you take
- any troubling thoughts or feeling you might have

They might refer you to a specialist for some things. If there's anything else you'd like to discuss with them about your health, please ask.

Keeping you healthy

If you remain in care, your health assessments will be with a specialist nurse. If you are aged up to five, you will have a health assessment every six months. If you are aged from 5 to 18 years you will have a health assessment every year. The health assessments take around one hour to complete.

Health assessments can be arranged at a time and a place that suit you.

The nurse will make time to see you on your own.

After the health assessment is done, the doctor or nurse will complete a care plan for you. This is to ensure that all your health needs are met by all those working with you. This might also include referrals to specialist services, for example, if you have asthma.



Call or text **07919 990 058**
or ask your social worker
or foster carer to arrange
for you to meet with the
health team