|  |  |
| --- | --- |
| **s****Consultants:****Dr. Bidisha Lahoti (Clinical Director)****Dr Anupama Agrawal (Named Dr LAC)****Dr. Nikki Baatjes**Dr. Beatrice CooperDr. Kavitha Gunasuntharam **Dr. Ros Healy****Dr. Stacy John-Legere (Designated Dr LAC)****Dr. Eleni Stathopulu** **Dr. Jessica Turnbull****Dr. Anne Wright****Nurses:** **Angela Brown (Named Nurse LAC)****Helen Corry (Specialist Nurse LAC)****Naomi Sandford (Nurse for LAC)** | **gstfcola****Community Health Services****Sunshine House****Children & Young Peoples Development Centre** **27 Peckham Road****Camberwell****London****SE5 8UH****Tel: 0203 049 8037****Generic Email:** **Gst-tr.southwarkLAC@nhs.net** |

Care Leavers Health Summary

 Date:

First Name:

Surname:

DOB:

NHS No:

**This is information is about your health and was completed with you at your initial (and last) statutory health assessment.**

Looking after your health is really important. Keeping a record of your health and appointments will help you to attend appointments and get the help and support you need early to stay healthy.

**Health Appointments:**

|  |  |  |
| --- | --- | --- |
| Health Appointment Address: | Last appointment attended | Next appointment |
| **GP:**  |  |  |
| **Dentist:**  |  |  |
| **Orthodontist:** |  |  |
| **Optician:** |  |  |
| **Carelink/Other:** |  |  |

**Your Health History**

**Immunisations up to date: Yes**

**See summary below:**

**(Example)**



**Immunisations outstanding:**

**Birth History:**

**Family History:**

**Medical History:**

**SEN/EHCP:**

**Allergies:**

**Medication**:

**Height:** **Weight:**

**BMI:**

**Follow up actions for you:**

* **See your Gp if you have concerns about your physical or emotional health**
* **See your Gp for immunisations…………….**
* **See your dentist every 6-9 months**
* **See your optician every two years**
* **Attend your hospital appointment at…………………………….**
* **If you would like advice on sexual health, contraception or sexual health infection tests attend your local sexual health clinic - https://www.nhs.uk/service-search**
* **See your Gp for annual asthma review and medication**
* **Take your medication for ……………… as prescribed and see your Gp for repeat prescription when required**

Please do not hesitate to contact me if you would like to discuss the above information any further. I would like to wish you the best in the future.

**(If you would like more information about your health history, talk to your GP or Social worker).**

See **your** Southwark Care Leaver website): <https://www.southwark.gov.uk/childcare-and-parenting/children-s-social-care/the-local-offer-for-care-leavers>) Telephone: 0207 525 7077

**Health information and advice:**

Telephone: 111

**NHS Choices:**

Provides online information and guidance on all aspects of health and healthcare to help you make choices about your health. You will also find information local hospital and pharmacies at: [www.nhschoices.org.uk](http://www.nhschoices.org.uk)

**For emotional health support and advice:** you can talk to your GP or self-refer to your local Improving Access to Psychological Therapies (IAPT): [http://www.nhs.uk/Service-Search/Psychological%20therapies%20(IAPT)/LocationSearch/10008](http://www.nhs.uk/Service-Search/Psychological%20therapies%20%28IAPT%29/LocationSearch/10008).

Also you may contact: <https://localoffer.southwark.gov.uk/wellbeing/mental-and-emotional-health-services/kooth/> <https://www.thenestsouthwark.org.uk/>

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

[**NHS Go - A free health app for young people**](https://nhsgo.uk/)**:** NHS Go is an app where you can find free/confidential health advice and local services. Download it free from the Google Play or Apple App Stores.

<https://nhsgo.uk>

[**Brook.org.uk | Brook Sexual Health | Sexual Health Charity‎**](https://www.google.co.uk/aclk?sa=L&ai=DChcSEwirlPiW8eTaAhWGse0KHdaNAIUYABAAGgJkZw&sig=AOD64_1wGTTptC88UyXPz1nf305xtrrh7g&q=&ved=0ahUKEwjhp_SW8eTaAhWMCsAKHf-HCLIQ0QwIJQ&adurl=)

Provides Free & Confidential Sexual Health Advice to Young People

Pregnancy Advice · For Young People under 25 · Relationship Advice · Contraception https://www.southwark.gov.uk/childcare-and-parenting/children-s-social-care/the-local-offer-for-care-leavers[www.brook.org.uk](http://www.brook.org.uk)

Print Name:

Sign:

Job Title:

Date:

cc:

• Social worker

• GP

• CentralSupportTalfourd@southwark.gov.uk

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