

# UASC Health Passport

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# Statutory health assessments

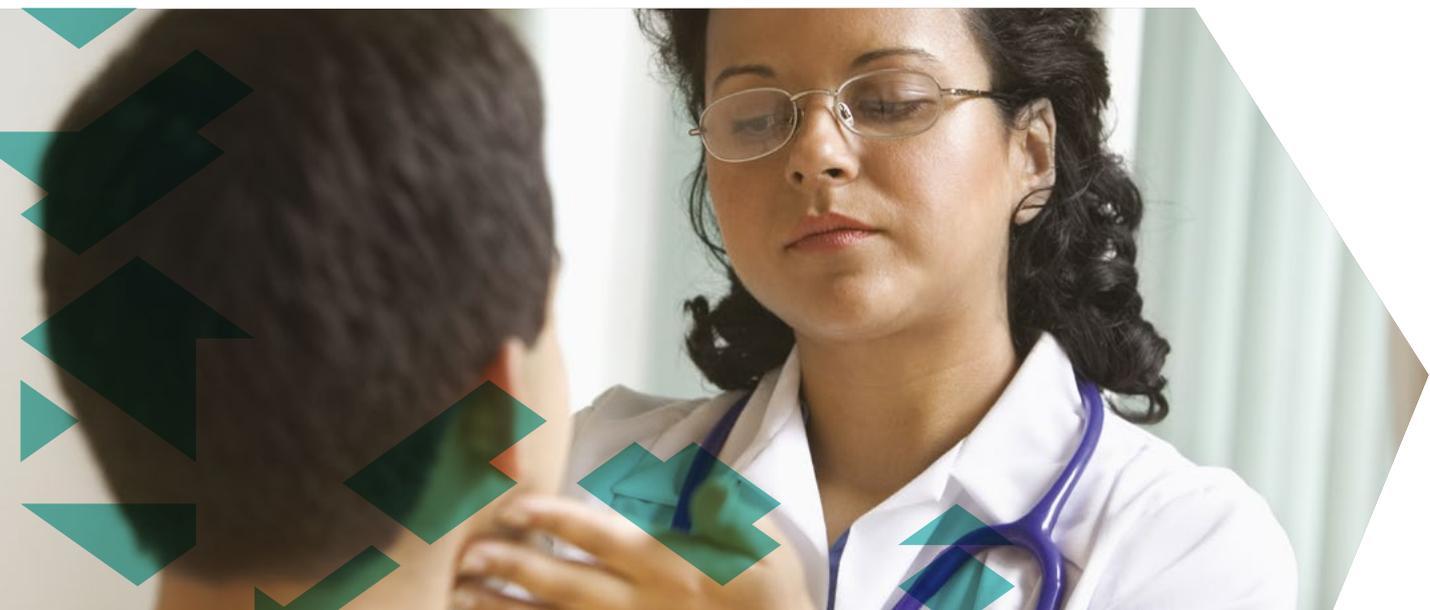
Your first health assessment is called an Initial Health Assessment (IHA) and then you will have a Review Health Assessment (RHA) every year.

## What is an Initial Health Assessment?

An Initial Health Assessment or IHA is a detailed talk about your health and includes a physical examination. It will help you to be healthy and have the knowledge to stay healthy. It is confidential – this means that unless you are at serious risk of harm or danger the doctor or nurse will not pass on any information to anyone without your consent. It is your decision to have one – this means that you have to agree to the health assessment and that you can ask for it to stop at any time. This health assessment will not in any way affect your claim for asylum in the UK and it is offered for your benefit.

## Who will I see at the health assessment?

You will see a specialist doctor or nurse, male or female. They are experienced in talking to young people like you who are seeking asylum and they understand that you are likely to have had some very difficult experiences. If you cannot speak English very well we will arrange for an interpreter to be at the assessment with you. It is important to remember that anything you say to the interpreter is confidential so they cannot pass that information on to anyone unless you want them to. You may want your carer to attend or you may wish to bring a friend. It is up to you.

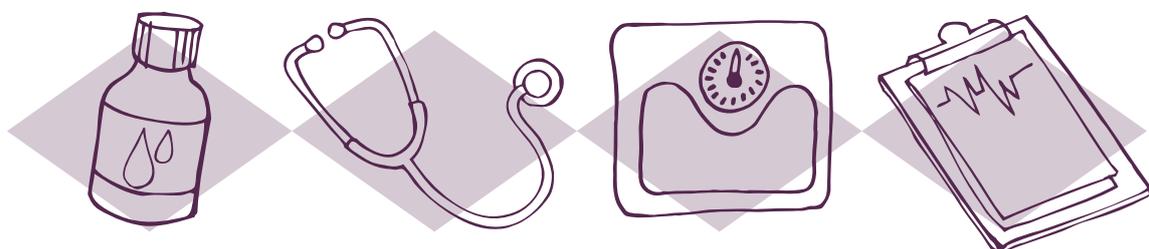


## What will happen at the health assessment?

You will meet with the doctor or nurse and talk confidentially about your health. They will listen to any concerns you have. Your doctor or nurse will invite you to talk about the experiences you have had in your own country and on your journey to the UK because these events may have affected your health. They may ask about your family and their health. You will be asked about how you are feeling and coping. You will have your height and weight checked and they may check your vision and look at your skin and listen to your heart and lungs. Then your doctor or nurse will give you advice. This is your health assessment so you decide what you want to talk about and your doctor or nurse will not do anything that you have not agreed to first. But remember that it is a good thing to be healthy and to stay healthy.

## What happens after my health assessment?

After the health assessment your doctor or nurse will write a report and a health plan. This will recommend things that we need to do to keep you healthy. This might include having vaccinations, blood tests, seeing a dentist for your teeth or an optician for your eyes. A copy of this report and plan will be sent to you to keep and to your GP for your health record. A summary will be sent to your Social Worker, Specialist Nurse and any other health professionals involved in your care. If you don't want your information shared please tell the doctor or nurse. You will be offered another health assessment in a year but in the meantime if you have any more concerns about your health you can see your GP.



# The next steps

During your time in care until you are 18, you have a right to an annual appointment with a nurse who is experienced in supporting Looked after Children and young adults leaving care. This is called a 'Review Health Assessment' and is very similar to the 'Initial Health Assessment' you will have had. It is to keep you as healthy as you can be. It is important to look after your Health and have positive people around you. The Health Passport should help you start working towards this.

## Top tips for care leavers

- 1 It is your responsibility to **register with a GP**
- 2 You can **request a different doctor** if you feel the need to
- 3 **Don't feel stupid** about asking questions
- 4 **See a dentist every six months**
- 5 **See an optician every three years** – unless you're advised otherwise
- 6 **Recognise your feelings** and if you feel low, it's important to **talk to people**

# Your health history



**First name:** .....

**Last name:** .....

**Date of birth:** .....

**NHS number:** .....

**Current GP Details:** .....

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# Health services



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## Using your local pharmacy

Pharmacies provide expert advice and medical treatment for a range of common illnesses

Pharmacists are people that dispense medicines, but they do a lot more than that. Your local pharmacy can offer a wide range of health services, that you may not be aware of, for example;

- ▶ **Support to stop smoking**
- ▶ **Sexual health advice**
- ▶ You can speak to them to get **emergency contraception** for up to 72 hours after unprotected sex
- ▶ They also offer **pregnancy testing**

Many pharmacies have private rooms so you can speak to them confidentially about your health concerns.

You can find your nearest pharmacy by visiting NHS Choices at [www.nhs.uk](http://www.nhs.uk)

## NHS 111

NHS 111 provides fast and reliable medical advice from professionally trained advisors, supported by experienced nurses and paramedics. It's free to call from both landlines and mobile phones and is available 24 hours a day, 365 days a year. If you're not sure what healthcare you need, always call NHS 111 for first advice on where to go.



Don't wait until you become unwell,  
register with a GP as soon as you can.

# Register with a GP

## To register:

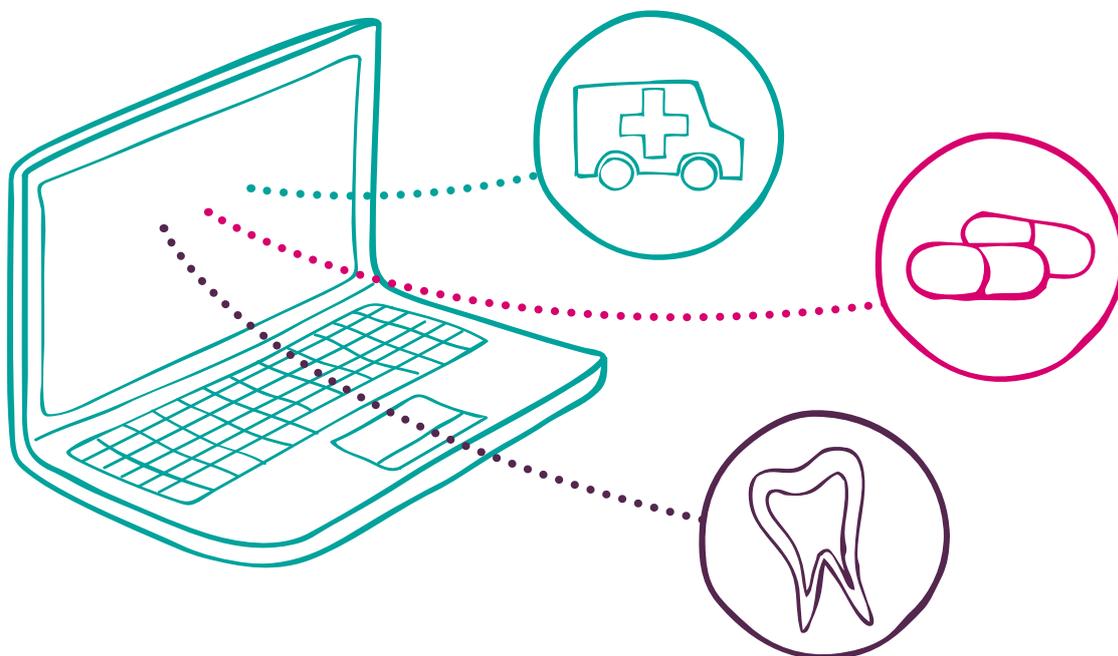
- ▶ **Ring your chosen GP** to find out how to register with them
- ▶ You'll be asked to **complete a form and given an initial appointment**

## What you will need:

- ▶ **Medical card or NHS Number** (10 digits)
- ▶ **Previous GP's name and address**

We understand that you may not have all of the information above, so if you need any help with this please contact your Looked after Children (LAC) Nurse. It is important that you register with a GP as soon as possible.

You can find your nearest GP practice by visiting NHS Choices [www.nhs.uk](http://www.nhs.uk)



# Register with a Dentist

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## To register:

- ▶ **Ring your chosen dentist** to find out how to register with them
- ▶ You will be asked to **complete a form and be given an initial appointment**

Unlike with a GP, you shouldn't need any other information when registering – unless the dentist specifically asks.

If you have any problems or would like help with this process please contact your Looked after Children (LAC) Nurse. Your dental health is important, and you should make sure you visit your dentist regularly.

You can find your nearest dentist by visiting NHS Choices [www.nhs.uk](http://www.nhs.uk)

# Child Sexual Exploitation (CSE)

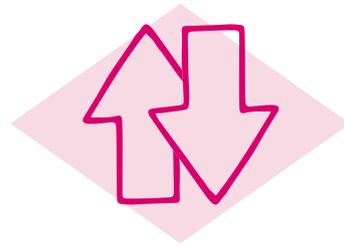
Child sexual exploitation is when someone makes you, or manipulates you, into doing something sexual for the benefit or enjoyment of themselves or others.



It might be someone that you think is your boyfriend or girlfriend or someone you've just met or known for a while.



It can happen online or in reality. Offenders will attempt to draw you into a relationship and gain your trust by giving you gifts or attention.



You may think it is harmless but then they will make you feel that you have to give something back in return and this may involve sexual acts.

**That's abuse – it's never OK and it's never your fault.**

**Is this happening to you, or someone you know?**

**Tell someone today! Call your local police on 101, in an emergency call 999.**

More information is available on these websites;

▶ [samaritans.org](https://www.samaritans.org)

▶ [childline.org.uk](https://www.childline.org.uk)

▶ [nspcc.org.uk](https://www.nspcc.org.uk)

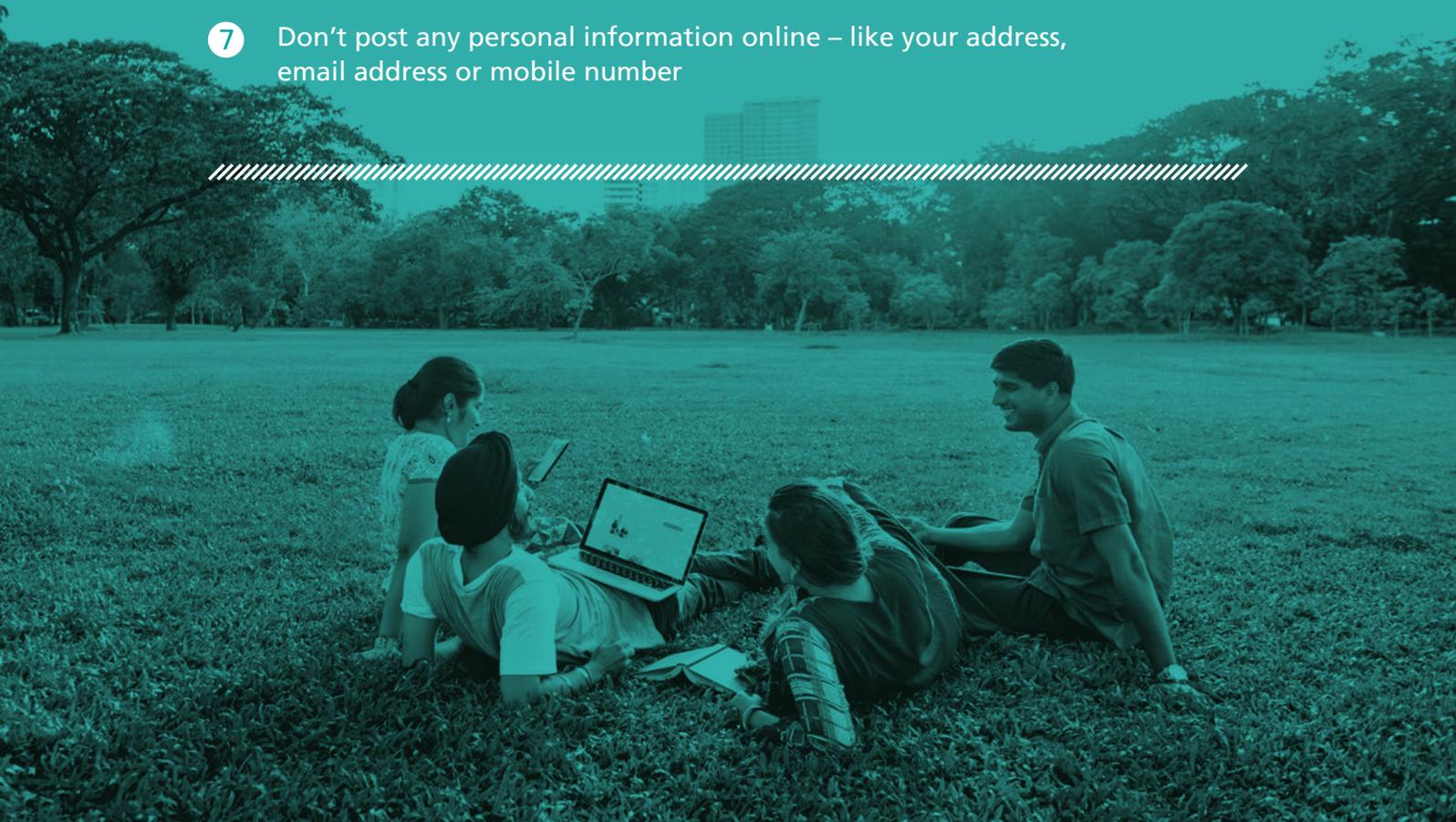
▶ [barnardos.org.uk](https://www.barnardos.org.uk)

# Top tips for keeping safe:

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## Top tips for care leavers

- 1 Stick with friends a similar age to you – a good friend won't ask you to do things you're uncomfortable with
  - 2 If someone offers you something for free – ask what they want in return
  - 3 Be careful with personal details – this includes photos you give out, remember these images are on the internet for life
  - 4 Make sure you know where you are going – and how to get home. Carry a bank card and have your phone charged
  - 5 Make sure someone you trust always knows where you are
  - 6 Drinking and taking drugs can make you unaware of unsafe situations – you may become a target for people who may hurt you
  - 7 Don't post any personal information online – like your address, email address or mobile number
- 



# Useful contacts

## Health

### **NHS Choices**

Official website of the NHS. From this you can find out about your local health services and also find lots of information about staying healthy

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

### **NHS 111**

- Call 111 or NHS 24 Scotland on 08454 242 424

Open 24 hours a day 365 days a year.

You can use the NHS 111 service if you need urgent medical help or advice. For less urgent health needs contact your GP or local pharmacist

### **NHS One You**

Information related to lifestyle choices, including; smoking, eating, sleeping, drinking, moving and stress and how to remain healthy in the modern day

- [nhs.uk/oneyou](http://nhs.uk/oneyou)

## Emotional Support

### **Samaritans**

Confidential and emotional support helpline for anyone in a crisis

- 08457 90 90 90
- [samaritans.org](http://samaritans.org)

### **Mind – The mental health charity**

Information and support related to mental health

- [mind.org.uk](http://mind.org.uk)

### **Young Minds**

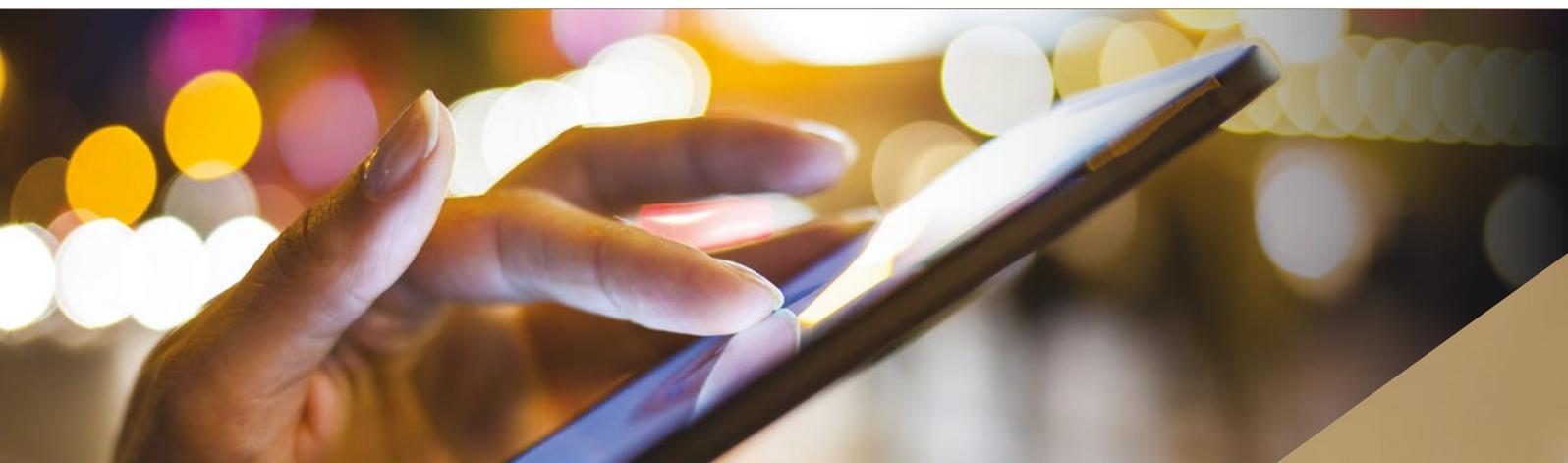
Leading charity to support the emotional wellbeing of children and young people

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

### **Childline**

Helpline for children and young people up to the age of 18 in danger, distress or with any other problem

- 08001111
- [childline.org.uk](http://childline.org.uk)



**NSPCC**

Helpline for children and young people, or those concerned about a child or young person at risk of abuse

- 0808 800 5000
- [nspcc.org.uk](https://www.nspcc.org.uk)

**Red Cross**

A Charity who help people in crisis whoever and wherever they are

- [redcross.org.uk](https://www.redcross.org.uk)

**Refugee Council**

Works directly with refugees and asylum seekers in the UK and seeks to give them advice support and information

- [refugeecouncil.org.uk](https://www.refugeecouncil.org.uk)

## Sexual Health

**The Sexual healthline**

- 0300 123 7123
- [nhs.uk/worhtalkingabout](https://www.nhs.uk/worhtalkingabout)

## Legal Support

**The Childrens Legal Centre**

Provide free legal advice, information and representation to children, young people and their families

- [childrenslegalcentre.com](https://www.childrenslegalcentre.com)

**Civil Legal Advice**

Get free and confidential legal advice in England and Wales if you're eligible for legal aid

- 03444 345 4 345
- [gov.uk/civil-legal-advice](https://www.gov.uk/civil-legal-advice)

**Citizen's Advice Bureau**

Provides free, independent, confidential and impartial advice on their rights and responsibilities. There are regional offices that can be visited for face to face help

- 03444 111 444
- [citizensadvice.org.uk](https://www.citizensadvice.org.uk)



# Notes

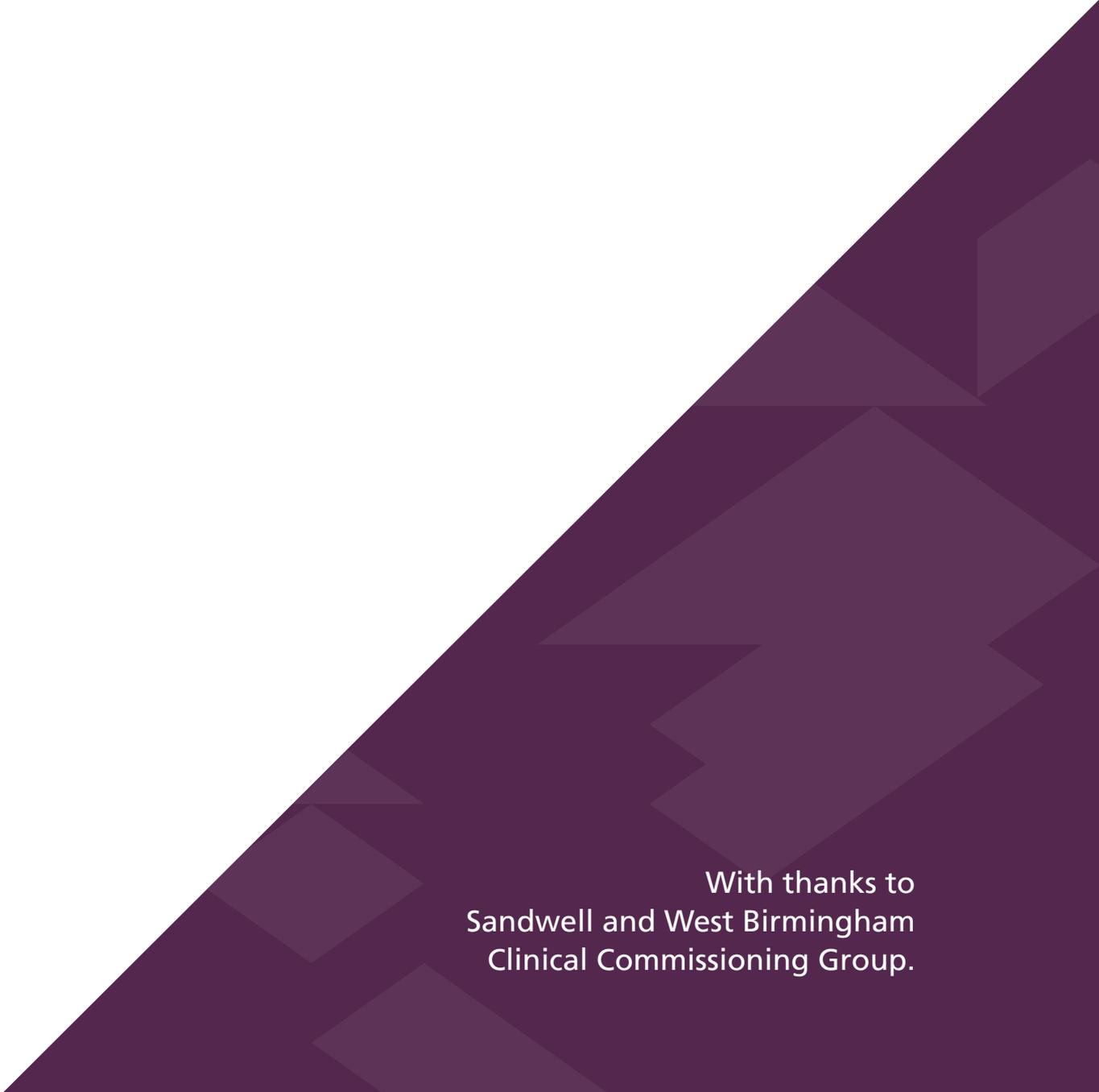


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# Notes



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A decorative graphic in the bottom right corner of the page, consisting of a dark purple background with several overlapping, semi-transparent, lighter purple geometric shapes (triangles and polygons) that create a layered, abstract pattern.

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