

Looked After Children's Health Team

Caring for Walsall together



Promoting the Health & Wellbeing of Looked After Children

Statutory guidance for local authorities, clinical commissioning groups and NHS England March 2015

Care Leavers extract p26

95. Care leavers should be equipped to manage their own health needs wherever possible. They should have a summary of all health records (including genetic background and details of illness and treatments), which suggests how they can access a full copy if required.(Utilising Trust Caldicott Guardian)

Information needs to be given to care leavers sensitively and with support, with an opportunity to discuss it with health professionals.

Young people leaving care should be able to continue to obtain health advice and services, and know how to do so.

<https://www.gov.uk/government/publications/promoting-the-health-and-wellbeing-of-looked-after-children--2>



Safe, high
quality care



Care at home



Partners



Value
colleagues



Resources



Respect
Compassion
Professionalism
Teamwork

Accessing Specific Health Information

Specific health information can be request via WHT Trust Caldicott Guardian

“A Caldicott Guardian is a senior person responsible for protecting the confidentiality of people's health and care information and making sure it is used properly. All NHS organisations and local authorities which provide social services must have a Caldicott Guardian”

Dr M Shehmar



Leaving Care Health Summary

Walsall Healthcare 
NHS Trust

Our ref: SK/LH/EL
Date:

Transition & Leaving Care
Looked After Children Team
Blakenal Village Centre
Thames Road
Walsall
WS3 1LZ
Tel: 01922 602318
Email: LAHealth.walsall@nhs.net
Website: www.walsallhealthcare.nhs.uk

PRIVATE & CONFIDENTIAL

Dear

NHS Number:

As you are approaching your 18th birthday, we are sending you a Leaving Care Letter. You will have been allocated a Personal Advisor from Social Services to support you with the process.

As well as ongoing support from Children's Services you are also entitled to access support from health. We are able to provide you with some of your health history and we can also advise how you can obtain further information from your health records. If you would like a copy of your Health History document then either speak to one of us or your Personal Advisor.

Birth Details

Gestation: weeks born at:
Weight: kg Length:

Vaccination Status – included is a printout of your immunisations.

It is important that you are registered with a GP nearby where you are living and attend regular dental appointments.

If you need any health advice please feel free to contact us on 01922 602318.

Kind regards

Sarah Kirk
Nurse Advisor for Transition and Leaving Care

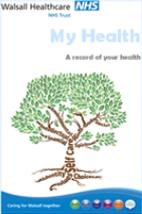
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Walsall Healthcare 
NHS Trust

Your Health is Important

Support available as a Care Leaver



You are entitled to have a record with some of your health information - we can provide this for you.

It will give you information about your birth, immunisations and any operations you may have had. This is important to have so that you get asked about your health for jobs, university or if you have a child.

There's space in there for you to add information that you need,

In there are also tips for healthy living and contact details for support that is available.

We can also support you to obtain a copy of any other health records. Specific health information can be request via the trust Caldicott guardian

A Caldicott Guardian is a senior person responsible for protecting the confidentiality of people's health and care information and making sure it is used properly. All NHS organisations and local authorities which provide social services must have a Caldicott Guardian

Dr. M Shehmar

We can support you with any concerns around your health and let you know about other health services you could also access
You can contact us directly or ask your Personal Advisor to do this on your behalf.

You can contact a member of the team:
Sarah Kirk 07768 558546
Donna Smith 07767 480939
Jolene Crosdale 07870488291
Office number: 01922 602318

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Health History Document Revised

Walsall Healthcare **NHS**
NHS Trust

My Health

A record of your health

Caring for Walsall together

IS... MENTAL HEALTH IS NOT...

- of vital importance for you
- a sign of weakness
- only the negative
- worth making time for
- shameful
- "all in your mind"
- evolving
- something you decide to have
- complex
- relevant only for those who struggle
- affecting us and our everyday life
- the same as mental illness
- something we start looking after only when it gets broken
- influenced by many factors
- part of you
- real

Self-esteem is all about how we feel about ourselves. Anyone can develop low self-esteem at some point in their lives. If we have low self-esteem. We can feel bad about ourselves: not good enough, not worth helping, and not able to do things. Difficult situation that we have experience in the past, or present, and how other people treat us can all affect our self-esteem. We might feel that we are to blame for everything, and it is feeling good about ourselves and who we are.

If you need emergency mental health support attend your local hospital A&E

Seek support from Black Country Healthcare NHS Trust for mental health.
Call 0800 953 0995
<https://walsalltalkingtherapy.silvercloudhealth.com/signup/>
Black Country Emotional Support—0808 802 2288

What you can do if you are feeling stressed, worried, or low

- Talk to someone you trust about how you are feeling
- Do something that makes you laugh, whether it is watching a comedy or doing silly dancing around the house
- Speak to your GP
- Self-refer to Talking Therapies that are available throughout England
- Do something that makes you feel good about yourself
- Help someone else
- Do something of interest or a hobby

Types of Self-Care

Physical Sleep Stretching Walking Exercise Nutrition Yoga	Emotional Stress Management Coping Skills Compassion Therapy Journaling	Social Boundaries Support System Positive Social Media Communication Friends	Spiritual Time Alone Meditation Prayer Nature Sacred Space
Personal Hobbies Creativity Goals Identity Authenticity	Space Safety Healthy Environment Stability Clean Space	Financial Saving Budgeting Money Management Paying Bills Boundaries	Work Time Management Work Boundaries Breaks Blessing Manifesting

Health Information Included

Your Birth Information

Where you were born: Walsall Manor Hospital

Weight: 3.4kg

Length: 53cm

Head circumference: 34cm

Time: 08:55am

Gestation: 38 weeks—a week before your due date

Any Health history known in regards to birth:

It was a spontaneous vaginal delivery.
There are no concerns documented around your birth.

DID YOU KNOW?

Each of us have a different birth history,. It is good to know about your own birth if you have children of your own as your Doctor or Midwife might

Immunisation History

Name of	1	2	3	Booster	Booster
Diphtheria, tetanus	03/01/03	07/02/03	07/03/03	24/01/07	22/11/18
Pertusis	03/01/03	07/02/03	07/03/03	24/01/07	22/11/18
Polio	03/01/03	07/02/03	07/03/03	24/01/07	22/11/18
Meningitis C	03/01/03	07/02/03	07/03/03		22/11/18
Measles, Mumps, Rubella (MMR)	05/12/03			17/10/06	
Pneumococcal PNC					
Meningococcal ACWY	22/11/18				
Hepatitis A					
Hepatitis B					
Hepatitis C					
HIB	03/01/03	07/02/03	07/03/03	18/06/03	
BCG					
HPV (females only)	22/11/18				
Flu	14/10/15	07/12/16			

You require your 2nd HPV vaccination.

Adapting to Support the Young Person

Any past or current illnesses or medical conditions known in your family.

Mom—asthma, high blood pressure
 Maternal great grandparents—diabetes
 It is documented in Child Health Records that there is a family history of asthma, epilepsy, heart disease and hay fever. It is not documented who in the family has these.
 Your sister was on medication for asthma as a child

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Any past or current medical conditions known about you.

You were referred for Orthodontic treatment in November 2015
 You attended Walsall A&E on 01/09/2008 due to dropping a glass bottle on your right foot
 You attended Walsall A&E on 26/03/0219 following a collapse.
 There were no concerns about your development as a child.

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BENEFITS OF DRINKING WATER?
 Help to lose weight. Health Skin. Fights infection. Get rid of body toxins. Healthy heart. Prevent joint pains and arthritis. Boost energy. Prevent constipation, reduce risk of cancer. Help your brain, saves you Money!



A & E attendances to Walsall Manor Hospital

- 14/05/2013—finger injury
- 14/02/2015—soft tissue injury to left wrist and hand
- 17/04/2015—overdose—admitted to the ward
- 20/04/2015—overdose—admitted to the ward
- 22/05/2015—mental health concerns—follow up in outpatients
- 29/07/2015—soft tissue injury to left foot
- 03/12/2015—overdose—admitted to the ward
- 16/04/2016—abdominal pain
- 18/04/2016—overdose—admitted to the ward
- 29/07/2016—assault
- 22/11/2016—chest pain and hand injury
- 07/03/2017—foot injury—did not wait
- 08/03/2017—return foot injury—soft tissue injury
- 28/06/2017— head injury, loss of consciousness, vomiting
- 29/06/2017—urine infection and mental health concerns. Did not wait
- 01/07/2017—glandular fever—admitted to hospital

Any past or current medical conditions known about you.

Admissions to Walsall Hospital:
 18/04/2015, 03/12/2015, 03/12/2015, 18/04/2016—overdose
 02/07/2017—glandular fever
 07/06/2020—abdominal pain—urine infection
 16/06/2020—abdominal pain—pelvic inflammatory disease
 20/06/2020—abdominal pain—candida

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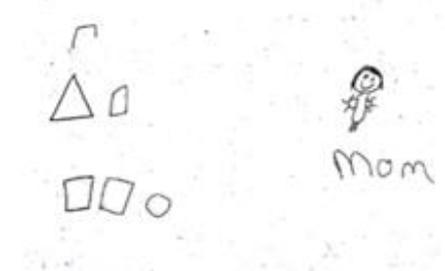
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Capturing the Child's Voice

Any past or current illnesses or medical conditions known in your family.

Your mom sadly passed away in August 2010. You attended bereavement counselling to support you at this time.

At your development check when you were 5 1/2 years old you drew a picture:



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Helps to lose weight. Health Skin. Fights infection. Get rid of body toxins. Healthy heart. Prevent joint pain and arthritis. Boost energy. Prevent constipation, reduce risk of cancer. Help your brain, saves you Money!

10

Any past or current medical conditions known about you.

On 15/01/2018 your GP referred you to the Physiotherapist for back pain.

From 2013-2019 you were seen by Mrs Church, Orthodontist, at Walsall Hospital to have dental treatment and your braces fitted. You had to have a tooth removed on 03/02/2015

You attended Walsall A&E on 12/11/2013 with a toe injury.

You attended Walsall A&E on 19/06/2013 with a finger injury.

In 2012 you were under the care of Stafford Hospital as you had large adenoids.

At your health assessment on 02/04/2012 you drew how you were feeling at the time and how you feel most of the time. This is your drawing:



You had a hearing test on 10/12/2007 and there were no concerns.

On 17/02/2007 you attended hospital with a shoulder injury

Your developmental assessment when you were 5 1/2 years old showed that your development was good.

On 01/07/2004 you attended hospital with a head injury as you had fell from a 1st floor window. You were referred to Maxillofacial Surgeon on 24/08/2004 as the swelling hadn't completely gone.



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Where we would like to be



Health Passport

MON JAN 20 2020

Welcome

Information

Contacts – Keep all your important Health and other contacts in one place makes appointments direct from your GP, Dentist, Optician or maybe your gym.

All your health information accessible and to hand – important information including your :

Health history – Do you sometimes forget your medications, Medical History, Allergies?

This APP keeps all the information in one place. It is a useful tool if visiting the doctor and you want access to information quickly. This APP has the NHS APP embedded within it, and within the NHS APP you can check your symptoms, book and cancel appointments, order repeat prescriptions, view your medical record and secure access to your medical record. You can choose how the NHS uses your data – register your decision on whether it can be used for research and planning

Immunisations - All your childhood Immunisations are in one place – it's great to keep track of your immunisations if you are due to go abroad, you can add an appointment with your clinic.



Information

Become more independent

Mental Health

Drinking & Drugs

Wellbeing



RECOVER MORE AT SANDWELL

Help & Services

Find a GP

Popular Advice

LOCAL SERVICES Find more local services

Additional programmes we are a part of delivering



A PROGRAMME DELIVERED BY **POWER**

- Criteria for the program can be any of or a mix of the following:
- Looked After Child
 - Poor wellbeing
 - Low self-esteem
 - Poor school attendance
 - At risk of permanent or temporary exclusion
 - Risky behaviours
 - Disengaged from school

NURSERY SESSIONS, COACHING SESSIONS, ONGOING FEEDBACK

PERSONAL DEVELOPMENT	COMMUNITY & RELATIONSHIPS	ASPIRATION & STRENGTHS	LEARNING & ATTAINMENT	HEALTH & RISK
Getting to know one another (week 1)	Role Models (week 2)	Growth Mind-Set (week 9)	Learning as exploring (week 5)	It's a risky business (week 6)
Caring & Communication (week 3)	Contributing in My Community (week 14)	Dare to Dream (week 11)	The Helping Conversation (week 10)	Positive relationships (week 7)
Communicating & Developing (week 4)	Skills celebration (week 15)	Blocks to Learning (week 12)		Community, Support Networks (week 8)
The Importance of Boundaries (week 13)	Self-assessment & Review (week 16)			

NATIONAL AWARD - NCFE LEVEL 1 IN INTERPERSONAL SKILLS



of teachers believe the young person benefitted from the programme.



of teachers believe the young person's attitude towards learning improved because of the programme.



of young people would recommend the project to others.



Rediscover

Created by Power2 to engage with young people on 1:1

To look at

- Mental health
- Self-awareness
- Goal setting
- Identifying sources of support
- Identifying strengths and challenges



Additional programme available in Covid-19

SEEDS

Youth Development Programme was developed between Walsall Healthcare NHS Trust and Walsall Council

- S - Self-belief
- E - Emotional Health
- E - Education
- D - Development
- S - Support



Outside The Box

This is completed either 1:1 or small group work.

Aims to:

- Reduce risky behaviour among vulnerable young people
- Equip young people to identify and manage safe boundaries
- Increase understanding about their rights within sexual relationships
- Build an awareness of where they can go for additional advice and support



Resource Information

Teens and Toddlers <https://www.power2.org/teensandtoddlers>

Outside the box <https://www.sexeducationforum.org.uk/outside-box>

Rediscover programme <https://www.power2.org/rediscover>

