

## Further Information

For further information about your health assessment contact your Social Worker or School Nurse. You may also contact the following Nurses:

**Name:** Teresa Chisholm

**Position:** Designated Nurse For Looked After Children

**Email:** cnw-tr.lookedafterchildren@nhs.net

**Name:** Emma Hedley

**Position:** Nurse for Looked After Children

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This document is also available in other languages, large print, Braille, and audio format upon request. Please email [communications.cnwl@nhs.net](mailto:communications.cnwl@nhs.net)

Sipas kërkesës, ky dokument gjithashtu gjendet edhe në gjuhë të tjera, me shkrim të madh dhe në formë dëgjimore.

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعة الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টিপি আকারেও অনুরোধ পাওয়া যায়

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

本文件也可应要求，制作成其它语文或特大字体版本，也可制作成录音带。

Dokument ten jest na ?yczenie uдост?pniany tak?e w innych wersjach j?zykowych, w du?ym druku, w alfabecie Braille'a lub w formacie audio.

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Be belge istenirse, ba?ka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

# Your Health Assessment



A health assessment is a chance for you to have a chat about your health and to check that you are as healthy as you can be.

## What is a health assessment?

A health assessment is a chance for you to have a chat about your health and to check that you are as healthy as you can be. We will ask to weigh and measure you and may test your hearing.

You may refuse any tests if you feel uncomfortable.

This appointment is an opportunity for you to ask any questions about health that are important to you, such as healthy eating, exercise, smoking, relationships and sexual health. You can find out information about health issues to help you make decisions for yourself.

## Why does it matter?

You have a right to be healthy and it is important for you to keep fit, safe and well.

The assessment is your chance to speak to a nurse or a doctor about your health and be listened to.

Sometimes, if you have moved a lot, you might not have had all the health care that you need such as dental care and an eye test.



## Who will I see?

You will see a doctor or a nurse, if you would prefer to see a particular doctor or nurse, then let your social worker know and they may be able to arrange this for you.

Your health assessment will take between 30 minutes to an hour to complete.

## Will it be confidential?

You can chat about anything in your health assessment. The doctor or nurse will record what is discussed and this will be passed on to your social worker. If you do not want something to be shared with your social worker, this is also possible, just tell the doctor or nurse during the appointment. We have a duty to pass on anything that may affect your safety. This will be discussed with you before the appointment starts.

## Translation Service

Please tell us in advance of your appointment if you need an interpreter, this will help to ensure you receive the care you need.

## Data Protection

Everyone working for the NHS has a legal duty to maintain the highest level of confidentiality. As a healthcare provider we need to collect information about you; we will store this securely and ask for your permission to share information outside of the organisation. If you require further information please request a copy of our leaflet "How We Use Your Health Records".

## Compliments, Concerns or Suggestions

We aim to provide you with the best possible care. If you are happy with the service you have received and would like to make a compliment you can do this by contacting Patient Advice and Liaison Service (PALS)

If you are unhappy with our services please speak to the service manager. If this does not resolve your problem please contact PALS on **01895 488555** or email **cnw-tr.hchpals@nhs.net**.

