

Care Leavers Health Summary

- We aim to provide all 16- to 18-year-old young people in care with a summary of their health since birth.
- The Health Summary is a small booklet which contains your birth details , immunisation and health history (if available).
- This is a unique summary, and you can update it at any time with more information if you wish.
- The information contained about you in this Health Summary is private and confidential and is only shared with you.
- Please keep this booklet in a safe place as you may require the information in the future.
- The Health Summary also contains useful information about how you can access health services and useful tips about staying healthy.

You can talk to the Children in Care Nurse about:



Alcohol, Smoking, drugs, Your Diet, Puberty, Exercise, Feelings, Your Teeth, Keeping Safe, Sexual Health, Relationships