

My personal

HEALTH
PASSPORT

5-11 years

What is a Health Passport?

The Health Passport contains important information about your health and should remain private and confidential. You should only share it with people who need to know these things about you like your doctor, nurse, foster carers and social workers.

This needs to be kept in a safe place. If you would like some support with this, you can speak to your social worker to decide who would be the best person to help with this.

My Name

You probably won't have the answer to all the questions in this booklet. Don't worry, your Social Worker can help you fill it in. If you need to update your health passport just let your Social Worker know and they can give a new one.

If found please return this Health Passport to:

Positive Activities, Education and Inclusion, London Borough of Redbridge
12th Floor front Lynton House, 255-259 High Road, Ilford, Essex IG1 1NN

A special thanks to the young people from the Redbridge Children in Care Council - the Junior Children in Care Council and the Don't Whisper Senior Children in Care Council.

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Your Details

NHS Number:

NHS prescriptions are given to you by a doctor. It lists the medication you need take. You can get your medication by taking the prescription to a chemist/ pharmacist. Everyone under 16yrs old gets free medication if it is on their prescription.

Below you can add your doctor's name, address and telephone number. Whenever you join a new doctor's surgery you will need to give them this information. When you have your new doctors details don't forget to update this table.

Doctors Surgery	
Name	
Address	
Telephone Number	
Date of Registration	

Doctors Surgery	
Name	
Address	
Telephone Number	
Date of Registration	

Your Health History

Birth History	
City/Country you were born in?	
Birth Weight	
Were you born on the due date or were you born early or late?	
After your birth, how many days did you and your mother stay in hospital?	

Other important health information about your birth:

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Medications

What medicines you are taking?				
Date	Name of medicine	How often do you take this?	Dose?	What do you take this for?

Annual Health Review

You will have a health check once a year called a Health Review. It will look at all areas of your health and your height and weight will be checked. For your Initial Health Assessment you may be seen by either you GP or community paediatrician. For your Annual Health Review Assessment you may be seen by either your Children Looked After Nurse or School Nurse.

Date	Name of Nurse/Doctor	Telephone Number

Height and Weight records						
Date	Weight		Height		BMI	
	KG	Centile	CM	Centile	KG	Centile

Diagnoses

Please list any formal diagnoses		
Date	Condition	Professional details

Allergies

What are you allergic to?	At what age did this start?	What happens when you have your allergic reaction? (e.g. vomiting, rash)

Please list any hospital admissions you may have had

Date	Hospital Name	Reason for admission

Your Dentist

- everyone under 18 years old gets free NHS dental treatment
- it is best to visit the dentist around every six months
- the longer you delay a check-up it is more like you may need more work done
- you should try to eat a healthy, diet e.g. drinking water and not fizzy drinks. This will keep your teeth and gums healthy and your breath fresh
- don't forget brush your teeth for at least 2 minutes morning and night
- regular flossing will also help to reduce gum disease and keep breath fresh

On the following page you can add your dentist's name, address and telephone number. Whenever you join a new dentist surgery you will need to give them this information. When you have your new dentist's details don't forget to update this table.

Dental Practice	
Name	
Address	
Telephone Number	
Date of Registration	

Dental Practice	
Name	
Address	
Telephone Number	
Date of Registration	

Date of appointment	

Your Orthodontist

An Orthodontist is a dentist that specializes in changing the position of people's teeth. This may include fitting braces. Most orthodontic treatments are available free on the NHS for those under the age of 18 who need it.

Below you can add your orthodontist's name, address and telephone number. Whenever you get a new orthodontist you will need to give them this information.

When you have your new orthodontist's details don't forget to update this table.

Orthodontist	
Name	
Address	
Telephone Number	

Date of appointment			

Your Optician

Everyone under 16 years old can get a free NHS eye test.

Below you can add your opticians name, address and telephone number. Whenever you get a new optician you will need to give them this information.

Name	
Address	
Telephone Number	
Date of Registration	

Name	
Address	
Telephone Number	
Date of Registration	

Date of appointment	

You can record your prescription here:

Date of sight test	Prescription:	
	Left eye	Right eye

Any other specialist services you are involved with

(Add the details here if you use any of these services):

Name of advisor and Service	Contact Details	Appointment Details

Hearing Screening

Date of appointment			
Date	Left Ear	Right Ear	If failed date of referral

Immunisations/vaccinations

5-in-1 vaccine

Protects against: diphtheria, tetanus, whooping cough, polio and Hib (Haemophilus influenzae type b)

Pneumococcal or pneumo jab (PCV)

Protects against: some types of pneumococcal infection

Rotavirus vaccine

Protects against: rotavirus infection, a common cause of childhood diarrhoea and sickness

Given at: two and three months of age
Meningitis C (Men C)

Protects against: meningitis C (meningococcal type C)

Given at: three months and 12-13 months of age, and as a teenage booster at age 13-15 (from September 2013)

Hib/Men C (booster)

Protects against: Haemophilus influenzae type B (Hib) and meningitis C
Given at: 12-13 months of age

MMR

Protects against: measles, mumps and rubella
Given at: 12-13 months and at three years and four months of age, or sometime thereafter

Children's flu vaccine

Protects against: flu
Given at: annually as a nasal spray in Sept/Oct for ages two, three and four

4-in-1 pre-school booster

Protects against: diphtheria, tetanus, whooping cough and polio
Given at: three years and four months of age, or soon after

HPV Vaccine (Boys and Girls)

Protect against: HPV is the name of a very common group of viruses. They do not cause any problems in most people, but some types can cause genital warts or cancer. HPV affects the skin. There are more than 100 different types.

Given at: Boys and girls aged 12-14 years, usually in Year 8, will be given two injections at least six months apart (but no more than 24 months apart)

3-in-1 teenage booster

Protects against: tetanus, diphtheria and polio
Meningococcal groups, A, C W and Y disease
Given at: 13-18 years
Read more about the 3-in-1 teenage booster

Optional vaccinations

These vaccinations are offered on the NHS in addition to the routine programme to "at-risk" groups of babies and children.

Chickenpox vaccination (varicella)

Protects against: chickenpox
Who needs it: siblings of children who have suppressed immune systems and are susceptible to chickenpox, for example because they're having cancer treatment or have had an organ transplant.
Given: from one year of age upwards (one dose for children from one year to 12 years, two doses given four to eight weeks apart for children aged 13 years or older)

BCG (tuberculosis) vaccination

Protects against: tuberculosis (TB)
Who needs it: babies and children who have a high chance of coming into contact with tuberculosis
Given: from birth to 16 years of age

Flu vaccination

Protects against: flu
Who needs it: children with certain medical conditions or a weakened immune system, which may put them at risk of complications from flu
Given: for children between the ages of six months and two years as a single jab every year in September/November.

Hepatitis B vaccination

Protects against: hepatitis B
Who needs it: children at high risk of exposure to hepatitis B, and babies born to infected mothers
Given: at any age, as four doses are given over 12 months – a baby born to a mother infected with hepatitis B will be offered a dose at birth, one month of age, two months of age and one year of age

Immunisations/vaccinations

Immunisations or vaccinations as they also called are medicines/ injections that people are given to stop them from getting certain illnesses. Your Looked After Nurse, Social Worker and GP will be able to help you fill in the dates, and arrange for any outstanding immunisation(s) you are due to take place. If you are travelling to another country you may need some extra immunisations.

Have you completed all your childhood immunisations? **Yes/No** **If no, you can do a catch up**

Below is the list of immunisations you might have had and the ages at which you may have had them. Seasonal Flu vaccination is given annually from September of each year, from your GP. If you have missed any other vaccinations out, then you should arrange to have “catch-up immunisations for these.

Immunisations/vaccinations				
Age	Diseases protected against	Vaccine given	Have you had these Immunisations	Date you had this Immunisation
Eight weeks old	Diphtheria, tetanus, pertussis (whooping cough), polio, Haemophilus influenzae type b (Hib) and hepatitis B	DTaP/IPV/Hib/HepB		
	Pneumococcal (13 serotypes)	Pneumococcal conjugate vaccine (PCV)		
	Meningococcal group B (MenB)	MenB		
	Rotavirus gastroenteritis	Rotavirus		
Twelve weeks old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B	DTaP/IPV/Hib/HepB		
	Rotavirus	Rotavirus		

Immunisations/vaccinations

Age	Diseases protected against	Vaccine given	Have you had these Immunisations	Date you had this Immunisation
Sixteen weeks old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B	DTaP/IPV/Hib/HepB		
	Pneumococcal (13 serotypes)	PCV		
	MenB	MenB		
One year old (on or after the child's first birthday)	Hib and MenC	Hib/MenC		
	Pneumococcal	PCV		
	Measles, mumps and rubella (German measles)	MMR		
	MenB	MenB booster		
Eligible paediatric age groups'	Influenza (each year from September)	Live attenuated influenza vaccine LAIV 2,3		
Three years four months old or soon after	Diphtheria, tetanus, pertussis and polio	DTaP/IPV		
	Measles, mumps and rubella	MMR (check first dose given)		
Twelve to fourteen years old	Cervical cancer caused by human papillomavirus (HPV) types 16 and 18 (and genital warts caused by types 6 and 11) and boys will be given the HPV vaccine to protect them against HPV-related cancers.	HPV (two doses 6-24 months apart)		
	Those age 15 and over who have not had the vaccine will need three doses to have full protection	HPV (three doses to have full protection)		
Fourteen years old (school year 9)	Tetanus, diphtheria and polio	Td/IPV (check MMR status)		
	Meningococcal groups A, C W and Y disease	MenACWY		

Measles Mumps and Rubella MMR Vaccination you need two doses (Contact your GP for advice): all those going to university must check with their GP whether they received MMR immunisation, if not sure, they should arrange with their GP to receive the MMR vaccine before going to University to protect oneself from the potential measles disease.

Information of services to support you

Emergency Numbers	
999	For Ambulance, Fire, Police and Rescue Services including Lifeguard
112	Can be used from your mobile phone even when you do not have credit or if the phone is locked. It can also be used on Pay Phones.
101	Can be used to phone your local Police Station.

Ask your social worker or carer where your nearest police station is

Address:	
Postcode:	
Telephone Number:	

NHS 111

Call 111 if:

- You need medical help but it's not a 999 emergency
- You don't know who to call or you don't have a GP to call
- You need health information or reassurance about what to do next

Ask your social worker, carer where your nearest Accident and Emergency Department is

Address:	
Postcode:	
Telephone Number:	

Nearest Walk-in Centre is

Address:	
Postcode:	
Telephone Number:	

Nearest Chemist is

Address:	
Postcode:	
Telephone Number:	

Glossary

It is helpful to know some conditions which may affect you or anyone you know. Further information on any condition can be obtained from the NHS webpage (<https://www.nhs.uk/>). **You can refer to your GP or Looked after nurse if you are worried about anything.**

Acne

Acne is a common skin condition that affects most people causing spots, oily skin and sometimes skin that's hot or painful to touch. It usually starts at puberty and varies in severity from a few spots on the face, neck, back and chest, which most adolescents will have at some time, to a more significant problem that may cause scarring and impact on self-confidence. For the majority it tends to resolve by the late teens or early twenties, but it can persist for longer in some people.

The typical appearance of acne is a mixture of the following: oily skin, blackheads and whiteheads, red spots, yellow pus-filled pimples, and scars. Not all spots are acne, so if there is something unusual about the rash it may be advisable to consult your doctor. If you develop acne, it's a good idea to speak to your pharmacist for advice.

See your GP if you cannot control your acne with over-the counter medication or if it is causing you distress and making you feel unhappy.

Web links to further information include:

www.acnesupport.org.uk

www.nhs.uk/conditions/acne

Allergies

An allergy is the response of the body's immune system to normally harmless substances, such as foods, and insect stings. Whilst in most people these substances (allergens) pose no problem, in allergic individuals their immune system identifies them as a 'threat' and produces an inappropriate response.

Most reactions are mild and easily managed. They're thought to affect more than 1 in 4 people in the UK at some point in their lives. Mild to moderate reactions to an allergen are very common and symptoms may include: Itching skin, rash, tickly throat, swelling (e.g. face or lips).

However, severe allergic reactions though rare and include: wheeze, difficulty breathing or a choking feeling; swelling of tongue or throat that is restricting swallowing and/or breathing; floppiness, collapse or deteriorating consciousness. In many cases, the most effective way of managing an allergy is to avoid the allergen that causes the reaction whenever possible. It is important to see your GP if you think you might have had an allergic reaction to something.

Web links to further information include:

www.allergyuk.org/information-and-advice

www.nhs.uk/conditions/allergies

Anaphylaxis

Anaphylaxis is a severe allergic reaction – the extreme end of the allergic spectrum. The whole body is affected, often within minutes of exposure to the allergen but sometimes after hours of increasing allergic symptoms. Causes include food, insect stings, latex and drugs.

However, on rare occasions there may be no obvious cause. Common symptoms to look out for are: generalised flushing (reddening) of the skin; nettle rash (hives) anywhere on the body; swelling of the throat and mouth; difficulty in swallowing or speaking; alterations in heart rate; a sudden feeling of weakness (drop in blood pressure); collapse and unconsciousness. If you know what triggers your reaction it is extremely important to avoid it. It is extremely important to see a GP who may refer you to healthcare professionals with the skills needed to provide on-going management of suspected anaphylaxis.

Web links to further information include:

www.anaphylaxis.org.uk

www.nhs.uk/conditions/anaphylaxis

Asthma

Asthma is a common condition that affects the airways, by narrowing the small tubes that carry air in and out of the lungs. It causes one to be breathless or have shortness of breath, coughing, tightness in the chest or wheezy. These symptoms can come and go, even though the asthma is there in the background all the time. These symptoms are due to something that irritates the airway, usually called 'trigger'.

A trigger could be an irritant (like tobacco, wood smoke, chemicals); allergens (like house dust mites, pollens, animals); viral infections (especially in winter). There's currently no cure, but there are simple treatments that can help keep the symptoms under control so it doesn't have a big impact on your life. As asthma is a chronic (long-term) disease, it is important to see your GP who may refer you to see a specialist lung doctor. This requires you to agree a written asthma action plan with your healthcare professionals.

Web links to further information include:

www.asthma.org.uk/def9655d/globalassets/health-advice/resources/children/child-asthma-action-plan.pdf

www.asthma.org.uk/advice/manage-your-asthma/action-plan

www.asthma.org.uk/advice/resources

www.nhs.uk/conditions/asthma

Bronchiolitis

Bronchiolitis is a chest condition caused by a viral infection. It occurs in young children in the first year of life and usually happens in winter. The virus attacks the small breathing tubes (bronchioles) of the lungs, causing them to become blocked. Generally, young children first develop the symptoms of a cold, such as a runny nose, cough and mild fever. Over the next day or so, the coughing worsens and breathing becomes noisy and wheezy.

Young children with bronchiolitis may appear breathless with a fast breathing rate, and can have difficulty with feeding and sleeping. The wheezing usually lasts for two to three days. As the wheezing settles, the child gradually improves. However, the cough may last up to a month. Although wheezing is seen in both bronchiolitis and asthma, they are different illnesses and are treated in different ways. However, some children who get bronchiolitis can develop asthma later. It is important to remember that:

- bronchiolitis gets better in a week to ten days (although the cough may last longer)
- bronchiolitis is a viral infection, so antibiotics will not help
- a child may need to take smaller feeds more often
- speak to your GP if your child has difficulty with breathing or feeding

Web links to further information include:

www.nhs.uk/conditions/bronchiolitis

Human Papillomavirus (HPV) vaccination

There are many types of human papillomavirus. The HPV vaccine protects against the two types that cause genital warts and cancer. Boys and girls should have the vaccine at the recommended ages. Vaccination at a younger age is more effective at preventing HPV infection. So the best time to be vaccinated is between 12 and 14 years old. Those who have not had any HPV vaccine by the time they are 15 years old will need three doses to have full protection.

Web links to further information include:

www.nhs.uk/conditions/vaccinations/hpv-human-papillomavirus-vaccine

Diabetes in children and young people

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. Most children are affected by type 1 diabetes in childhood. However, the number of children and young adults affected by type 2 diabetes is beginning to rise.

Children and young people with diabetes normally need to have daily insulin injections, monitor their blood glucose level and eat regularly. Monitoring is crucial to ensure that subtle learning difficulties that may be identified do not take a cumulative educational or psychological toll. Speak to your GP.

Web links to further information include:

jdrf.org.uk/t1-information-young-people

Eczema

Eczema is a very common skin condition affecting at least one in every five children. Eczema makes the skin very itchy, red, dry and cracked. Eczema can affect any area of the skin. Itching is the most significant symptom of eczema, and scratching makes it worse. The itching is often bad enough to disturb sleep. Sometimes the scratching can be so severe that areas of skin start to bleed. Emollients are needed to soften and moisturise the skin and steroid creams to reduce inflammation. There are also special bath creams which add moisture to the skin which should be used instead of bubble bath or soap

Epilepsy

Epilepsy is a condition that affects the brain and causes repeated seizures, which were sometimes previously referred to as “fits”. Epilepsy can start at any age, but it most often begins during childhood. It is not uncommon for some people to have a single seizure at some point during their life or seizures when they are less than 5 years old and get a temperature, but this does not mean they have or will develop epilepsy.

Sickle Cell Anaemia

Sickle cell anaemia is a serious inherited blood disorder where the red blood cells, which carry oxygen around the body, develop abnormally. The disorder mainly affects people of African, Caribbean, Middle Eastern, Eastern Mediterranean and Asian origin. In the UK, sickle cell disorders are most commonly seen in African and Caribbean people. The sickle cell gene is inherited (passed on between family members). To get sickle cell anaemia you have to inherit the defective gene from both parents. All babies born in the UK are tested for sickle cell anaemia as part of the heel prick newborn screening test that’s carried out by the midwife.

Thalassaemia

Thalassaemia is a group of inherited blood disorders where the part of the blood known as haemoglobin is abnormal. The abnormality means that the affected red blood cells are unable to function normally, which leads to anaemia (a red blood cell deficiency). Red blood cells are very important because they contain a substance called haemoglobin, which carries oxygen from the lungs to the rest of the body. Haemoglobin is produced in the bone marrow (a spongy material found inside larger bones) using the iron that the body gets from food.

In thalassaemia, haemoglobin production is abnormal, leading to anaemia and a reduced oxygen-carrying capacity. If your body doesn’t receive enough oxygen, you’ll feel tired, breathless, drowsy and faint. If left untreated, the most serious types of thalassaemia can cause other complications, including organ damage, restricted growth, liver disease, heart failure and death.

BCG

BCG (Tuberculosis vaccination) Tuberculosis (TB) is a serious infection which affects the lungs, but it can affect other parts of the body such as the bones, joints and kidneys. It can also cause meningitis. Although TB can be a very serious disease, it is possible to make a full recovery from most forms of TB with treatment. Babies to young people up to the age of 16 will only be given if needed. It is no longer given as part of the school programme since 2005.

Flu vaccination or Nasal

Flu vaccination by injection, commonly known as the “flu jab” is available every year on the NHS to protect those at risk of flu. If you have an underlying health condition or a weak immune systems seek advice from your GP.

Hepatitis B vaccination

Hepatitis B vaccination helps protect against hepatitis B and people at risk of exposure to it. In some countries Hepatitis B vaccination is given to everyone, however in the UK as the infection is not so common we only tend to immunize those at increased risk of infection. Babies born to mothers infected with hepatitis B need to be given a dose of the hepatitis B vaccine after they are born. This should be given within 24 hours of birth and followed by a further dose of the vaccine at one, two and twelve months after birth.

Meningitis

Meningitis is an infection of the protective membranes that surround the brain and spinal cord. Signs and symptoms of meningitis; a fever, with cold hands and feet, vomiting, drowsiness and difficulty waking up, confusion and irritability, severe muscle pain, pale, blotchy skin, and a distinctive rash (although not everyone will have this), a severe headache, stiff neck, sensitivity to light, convulsion or seizures. These symptoms can appear in any order, and not everyone will get all of them. Don't wait for a rash to develop. Seek immediate medical help if someone is unwell and displays the symptoms of meningitis.

MMR (measles, mumps, rubella)

MMR is a combined vaccine that protects against three separate illnesses - measles, mumps and rubella (German measles) - in a single injection. The full course of MMR vaccination requires two doses. Measles, mumps and rubella are common, highly infectious conditions that can have serious, potentially fatal, complications, including meningitis, swelling of the brain, and deafness. They can also lead to complications in pregnancy that affect the unborn baby and can lead to miscarriage. Children of any age up to 18 who missed, or only partially completed, their earlier MMR vaccination, can have a 'catch-up' MMR vaccination on the NHS.

Pertussis (Whooping cough)

Is a highly contagious bacterial infection of the lungs and airways. The condition usually begins with a persistent dry and irritating cough that progresses to intense bouts of coughing. The gasping for breath after one of these coughing bouts causes a distinctive “whooping” noise, which is how the condition gets its name. Other symptoms include a runny nose, raised temperature and vomiting after coughing.

Pneumococcal infections

Pneumococcal infections are caused by the Streptococcus pneumonia bacteria, which may infect the tonsils in the throat causing a throat infection or Streptococcus may infect other parts of the body potentially causing more serious infection.. Common symptoms include: a high temperature (fever) of 38C (100.4F), aches and pains, headache.

Tetanus

Tetanus is a serious but rare infection caused by bacteria. It usually occurs when a wound becomes contaminated. Without treatment, complications of tetanus are likely to develop, which can be fatal. Tetanus is caused by a type of bacteria called Clostridium tetani. The tetanus bacteria usually enter the body through a wound in the skin or a serious burn. Once inside, they multiply and release a powerful type of poison, known as a neurotoxin. A tetanus vaccination is usually recommended for anyone who has not been vaccinated before or whose last dose of the tetanus vaccine was more than 10 years ago.

Wheeze

A wheeze is a continuous, coarse, whistling sound produced in the respiratory airways during breathing. For wheezes to occur, some part of the respiratory tree must be narrowed or blocked. There are many causes of wheezing; the more common causes of wheezing in young people are viruses e.g. Bronchiolitis, allergies and Asthma.

YPF

Young People Friendly (YPF) is a free and confidential local sexual health information and advice service in Redbridge, Barking and Dagenham and Havering

www.youngpeoplefriendly.co.uk

Useful contacts

ADVICE FOR CHILDREN AND YOUNG PEOPLE IN AND LEAVING CARE

Become

Working to improve the everyday lives and future life chances of children in care and young care leavers since 1992

www.becomecharity.org.uk

NCAS THE Catch 22 National Care Advisory Service

Is the leading national body aiming to improve policy and practice relating to young people's transition from care to adulthood. Their aim is to see all care leavers able to achieve their full potential and aspirations.

www.Leavingcare.org

COUNSELLING SERVICES/EMOTIONAL SUPPORT

Young minds; For help and advice with low mood and feelings of anxiety:

Young Minds: Child & Adolescent Mental Health

www.youngminds.org.uk

Youthnet

An on-line service that provides information;

www.youthnet.org signposting and frontline emotional support via the internet.

Samaritans

Provide confidential non-judgemental emotional support, 24hrs a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

116 123

www.samaritans.org

Samaritans of Redbridge

8 Mildmay Road, Ilford, Essex, IG1 1DT

020 8553 9900

Samaritans of Havering

107 North Street, Romford, Essex, RM1 1ER

01708 740000

Victim Support

A national charity for victims and witnesses of crime in England and Wales. They give free and confidential help to victims of crime, their family, friends and anyone else affected.

www.victimsupport.org.uk

ChildLine

A private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor about anything - no problem is too big or too small. Call free on 0800 1111, have a 1-2-1 chat online

www.childline.org.uk/Talk/Chat/Pages/OnlineChat.aspx

or send an email via their website.

Useful contacts

DRUG AND ALCOHOL USE

Frank

Talk to Frank if you want information on drugs, or if you are worried about someone who may be involved with drugs.

www.talktofrank.com

Fusion

Fusion is a free, friendly and confidential young people's drug and alcohol service delivered by Westminster Drugs Project. Can meet at a location accessible to you, such as schools, youth clubs or other local venues.

02087087801

info.fusion@wdp.org.uk

www.wdpyoungpeople.org.uk

HEALTH AND DIET/EATING

Beat

Help with talking about any eating problems

www.b-eat.co.uk

NHS Treatments

Information for help with Dental costs:

www.nhs.uk/NHSEngland/Healthcosts/Pages/Dentalcosts.aspx

Information for help with Prescription costs

<http://www.nhs.uk/NHSEngland/Healthcosts/Pages/Prescriptioncosts.aspx>

PALS (Patient Advisory Liaison Service)

If you have any health enquiries, this service is great for pointing you in the right direction. You can find your local PALS through NHS Choices online.

[www.nhs.uk/Service-Search/Patient-Advice-and-Liaison-Services-\(PALS\)/LocationSearch/363](http://www.nhs.uk/Service-Search/Patient-Advice-and-Liaison-Services-(PALS)/LocationSearch/363)

Information about improving your diet and staying fit and healthy:

www.nhs.uk/change4life

NIGHT TIME WETTING

ERIC

For support with issues around night time wetting or soiling ERIC is a very useful source of advice and information.

www.eric.org.uk

VISION AND EYES

Information for help with Opticians/visual care costs:

www.nhs.uk/NHSEngland/Healthcosts/Pages/Eyecare-costs.aspx

To find out about local health services where you live, go on to the internet and search for local health services.