

Information

The children in care nursing team works in partnership with children, young people, their carers and local authorities to ensure that health needs are supported during your time in care and as you leave care.

When you first come into care you will have an initial health assessment (IHA) - This is a statutory health assessment completed by a paediatrician within 28 days of coming into care. A review health assessment (RHA) will then take place every six months for children under 5 years old or 12 months for children above the age of 5. These are completed by the specialist nurses.

We offer a range of health advice and support. We can also signpost and refer to other agencies as needed. We will provide all 16—17 years olds with a health passport which is a summary of their health history.

Contact details for nurses

Di Dymond: 07899 914936

Nicky Cobbett: 07825 979330

Karen Ratcliff: 07768 630198

Jane Miles: 07989 203188

Fran Adams: 07989 203186

Louise Sezgin: 07917 517281

Children in Care Nursing Team

Tel: 01752 435057

Email: livewell.cicnurses@nhs.net



Livewell Southwest



@livewellsw

Children in Care Nursing Team



Our team supports the health and wellbeing of children in care and care experienced young people up to the age of 25 years old.

Introduction

We are a team of nurses with a specialist knowledge of children and young people who have experienced being in care.

Our team is made up of six registered nurses and two secretaries.

The team

Our named nurse for children in care / care experienced young people is:

Di Dymond

Our specialist nurses for children in care / care experienced young people are:

Nicky Cobbett

Karen Ratcliff

Jane Miles

Fran Adams

Louise Sezgin

Our secretaries are:

Michelle Kennelly

Emily Miller

We are able to offer:

- Your annual review health assessment.
- Discussion of any concerns you, your carer or social worker may have.
- Liaison with other health professionals or services to help you get the support you need.

We can give general health advice and support around a range of issues including:

- Nutrition / healthy eating
- Sleep management
- Contenance / toileting
- Information about immunisations
- Sexual health / contraception
- Relationships
- Mental health issues
- Drug and alcohol use
- Stopping smoking
- Support for leaving care

We can also help you with accessing health appointments including dental treatment if you are under 21 years old, GP or sexual health services.

We have a weekly health and wellbeing clinic at:

**Care Journeys
Barnardo's Prideaux Court
Palace Street
Plymouth
PL1 2AY**

Every Friday 2 - 4pm

Other contact details of local agencies who may be able to support include:

CAMHS (Child and Adolescent Mental Health Service) 24 hour helpline:
0800 923 9323

Sexual Health in Plymouth (SHiP) at Derriford Hospital: **01752 431124**

The Zone: **01752 206626**

Sharp (drug and alcohol support):
01752 434343