



Stockport
NHS Foundation Trust



Health Passport For Care Leavers

A Guide to
Services Available
in
Stockport

HEALTH HISTORY

Throughout your time in care your GP received a copy of your Review Health Assessments. These will form part of your health record.

Your GP holds a complete health history for you, with your records following you each time you move practice.

You should always be registered with a GP practice near to where you live so you can access the support you need.

If you need to find a new doctor you can find a local GP near to where you live by searching on:

www.nhs.uk/service-search

and inputting your postcode. When you have found a GP you will need to go into the practice to register.

Part of the registration process will involve you seeing the Practice Nurse. You would still be able to access medical treatment in an emergency while you are waiting to register.

Health advice and support is also available for Care-leavers from the Looked After Children's health team. Please contact the Nurses on [0161-217-6964](tel:0161-217-6964) if you would like to speak to someone.

It is important that you are registered with a Dentist. It is recommended that you have a routine dental check up every 6 months.

If you need a new Dentist you can find a local practice taking on new patients at:

www.nhs.uk/service-search

By inputting your postcode, it will show you the dental practices nearest to you.

If you are not registered with a dentist and require emergency treatment, then Stockport's dental helpline can help you access the treatment you need. Call them on: [0161 476 9649](tel:0161-476-9649).

When you have found Dentist – you will need to go in to the practice to register.

Pharmacists:

Your local pharmacy can offer advice on a variety of minor illnesses and health problems. They can often prevent the need for a Drs appointment.

111

111 is the NHS non-emergency number. It's fast, easy and free. Call 111 and speak to a highly trained adviser, supported by healthcare professionals. They will ask you a series of questions to assess your symptoms and immediately direct you to the best medical care for you.

Immunisations you have had.

As a baby you were protected against Diphtheria, Tetanus, Pertussis, Haemophilus Influenza B and Meningitis C.

As a toddler you were also protected against Measles, Mumps and Rubella.

When you started school, you received a pre-school and MMR booster.

Before you left school, you completed your immunisations receiving a booster of Diphtheria, Tetanus and pertussis along-side the Meningitis ACWY vaccine.

Females also received the HPV vaccination. Although this protects you against certain strains of the Human Papilloma Virus you still need to attend for cervical screening when you are invited in the future.

If you think you are missing an immunisation, please discuss this with your GP or Practice Nurse who be able to arrange this for you.

FURTHER SUPPORT

Sex, Relationships and Sexual Health

Locala- Sexual health services for young people living in Stockport up (aged up to 24)

Locala Sexual Health

The Choices Centre, 1 High Bank Side, Stockport Sk1 1Hg, · 0161 507 9492

Stockport Without Abuse – 1:1 therapeutic support to young people who are or have been in unhealthy dating or intimate relationships.

Tel: 0161 477 4217

LGBT Foundation - Offer a range of support groups; face-to-face counselling; a helpline, email and pop-in service; a befriending scheme; a sexual health programme, a substance-misuse project.

Website: <https://lgbt.foundation/get-support/> Tel: 0345 330 3030

TLC Talk/Listen/Change - Offer a range of services to help you with your relationships, whether you're young or old, straight or gay, single or in a relationship. Providing a range of counselling services to help with the issues affecting you.

Website <http://talklistenchange.org.uk/> Tel: 0161 872 1100

Healthy Lifestyles

A Better Life, ABL - We offer many free and confidential local support services to help people living or working in Stockport make positive lifestyle changes. (Physical Activity, Healthy Eating, Healthy Weight, Smoking)

Website: <https://www.ablhealth.co.uk> Tel: 0161 870 6492

NHS Choices - Live well

Website: <http://www.nhs.uk/LiveWell/Pages/Livewellhub.aspx>

MOSAIC - Information, support and advice to young people (aged up to 25) living in Stockport.

Tel: 0161 218 1100

TALK TO FRANK – National confidential drug advice

Live Chat: www.talktofrank.com Tel: 0300 123 6600

Emotional Health support

Stockport Healthy Minds - Offer support and treatment for those who are experiencing symptoms such as difficulty sleeping, low mood, stress, worry or anxiety, feelings of hopelessness or panic attacks.

Tel: 0161 419 5725

Beacon Counselling - For adults and young people

Tel: 0161 285 1827

The Women's Centre - Support and counselling services for women in Stockport
News

Tel: 0161 355 4455

Samaritans - provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress, despair or suicide.

Call free on 116 123