Initial health assessments

When a child or young person comes into care it is a legal requirement that they have a health assessment.

Our aim is that the initial health assessment is undertaken within a month of a child or young person becoming looked after.

We aim to identify any gaps in routine health care, assess additional physical or emotional health needs and develop a health plan for the individual to address identified issues.

We will share health plans with people involved in the care of the child or young person as appropriate.

Progress of the health plan is monitored within the looked after children’s review meetings.

Review health assessments

The legal requirements are that children under five will have a review health assessment every six months, for those over five it is yearly.

Reviews are undertaken by the Lead Health Professional who may be the doctor or nurse from the team or the health visitor or school nurse.

They will contact those caring for the child or young person as required to offer support and advice on identified health issues.

For further information you can contact:
Gateshead’s Looked After Children’s Health Team,
Young Peoples Support Centre,
Gateshead,
Tyne & Wear
NE8 1SA
Tel: 0191 433 6546 / 45
Who are Gateshead’s looked after children’s health team?
We are a dedicated health team for children and young people who are looked after (in care). The team consists of:
- Designated doctor
- Designated nurse
- Psychologist
supported by
- Secretary
- Admin coordinator

The aim of the team is to promote the health and well being of children and young people who are looked after by working closely with those involved in their care including:
- Parents
- Foster carers
- Social workers
- Teachers

We work with children and young people in care to:
- Ensure they have their initial and review health assessments
- Provide them with their health history, when available

- Coordinate health services that they need
- Support carers in meeting their health needs
- Assess and support their emotional wellbeing and mental health
- Provide psychological advice and support to them and to those involved in their care

We also:
- Deliver training to those supporting and caring for them
- Contribute to care planning
- Provide medical advice to adoption services
- Attend foster panels

We can refer to:
- Dedicated workers for emotional wellbeing / mental health issues, including assessment
- Dedicated Drug & Alcohol worker
- Dedicated Sexual Health worker
- A variety of services to meet the individual health needs of the child or young person

Health assessments
We support and encourage children and young people in care to improve physical health and positive emotional / mental health by adopting positive lifestyles in relation to:
- Healthy eating
- Exercise
- Leisure activities
- Substance / alcohol and tobacco use
- Sexual health and relationships
- Personal safety

Carers
We refer to a carer as the person who looks after the child on a day to day basis, this could be family members, foster carers or residential workers.

Consent and confidentiality
The team ensure that the appropriate consents are received from the person/s with parental responsibility prior to seeing the child / young person and sharing information

Confidentiality is maintained in relation to health information which will be shared on a need to know basis.