

Nottinghamshire's Local Offer for **Care Leavers**



Health and Wellbeing

working with





Is the offer for me?

Being your legal 'corporate parents' means Nottinghamshire County Council, alongside other key organisations, must provide you with certain support and services by law. However, we all agree that in Nottinghamshire, we provide these things and more because we know it is the right thing to do and we want to help you be happy and healthy. If you're not sure whether the offer applies to you, get in touch with Nottinghamshire's Leaving Care Team or ask your personal adviser if you have one.

In our county, we recognise being a care leaver as a 'protected characteristic' which means we accept there is a duty to put the needs of our care leavers at the heart of our decision-making so that you aren't pre-judged or denied opportunities just because you have been in our care. If you feel that you are being treated differently due to identifying as a care leaver, then it is important you speak with your personal adviser or someone in the Leaving Care Team so that we can address this.

Alongside our main Local Offer for Care Leavers, which explores what services and support that we have available for you as a care leaver, we also have several more specific Local Offers including:

- Achievement Offer (supporting you to aspire and achieve in employment, education and training)
- Custody Offer (for young people in custody, leaving custody or linked with Youth Justice Service or the Probation Service)
- Parenting Offer (for care leavers who are a parent or preparing to become a parent)
- Unaccompanied Asylum Seeking Children Offer (for young people who are looked after children or care leavers seeking asylum)
- 21Plus Service Offer (about support for care leavers aged over 21 years)

For more information about these offers then please ask your personal adviser or visit www.nottshelpyourself.org.uk



Your health

It is really important that you look after your health and wellbeing - as this can impact on all other aspects of your life. This means being registered with a GP surgery, accessing health appointments and medication you may need or already are being prescribed, visiting the dentist and having regular check-ups, seeing an optician, knowing how to access health care both on a planned or in an emergency. Making sure that you have access to sexual health services and information about more specific things like being a parent, and ensuring that your mental health and emotional health and wellbeing is recognised as being as important as your physical health.

You may be diagnosed with a health condition, be neurodiverse, or have a disability, or sometimes you might suspect that you have an undiagnosed condition and need some additional support around this.

It is important that you share any relevant health information with professionals as they are there to support you, sometimes it can feel embarrassing to discuss personal health issues, but we can assure you that any information you share will be treated with respect and confidence.





Your health information

Whilst you were under 18 and classed as being 'looked after' by us, you should have had access to Health Assessments which were then reviewed regularly and included in your care plan and pathway plan to help decide the best way to support you. When you first become a care leaver (usually at 18 years) you should have a copy of your health information. If you don't have this, then please speak with your personal adviser so that we can get this information to you.

We will ensure that you have the details of your health organisations that you are registered with and/or can access within your Pathway Plan.

If you need assistance with changing or registering with a GP, dentist or optician then please speak with your personal adviser and we can help to assist and guide you into accessing health services.



Supporting your health needs



If you have needs around neurodiversity

You may have a neurodiverse condition or suspect that you might have some additional support needs around this. If so, then we can adapt information, the way we present it, and the way we communicate with you to meet those needs. Please talk with your personal adviser about how best we can support you around this.

If you have a disability, long term health condition or any special educational needs

We support young people with a variety of additional needs. You may have a health diagnosis that means that we have to adapt the support we offer. We will work with you to understand how best to support you to ensure you can access everything you need, at the time you need it. We also have our own Special Educational Needs Local Offer which can be found at www.nottshelpyourself.org.uk or you can speak with your personal adviser for more information.

Being an Asylum Seeker – If you are an asylum seeker then we can help make sure you are registered with a doctor in the community known as a General Practitioner or GP, dentist, and optician and access Primary Health Services as they are the first place to go to check your health, teeth, and eyes. If you need more specialist health services, then your doctor (GP) will ask a specialist doctor at the hospital to see you. We also know that you may be feeling sad being away from your family, friends and home and so we want to support you so that you feel happy and safe in the UK. We have a specific Local Offer for care leavers who are a parent or preparing to become a parent which has been co-produced with Nottinghamshire care leavers who have lived experience of being a parent and/or parent to be. For more information then please speak with your personal adviser or you can visit www.nottshelpyourself.org.uk



Your identity

It is important that you get to express who you are and that you receive the right support to do that. Talking to your personal adviser is a great way to make sure you are accessing all the support you need, when you need it. We embrace people's individuality, and it is important for you to feel safe and secure around who you are. Whether that is to do with your past, your present or your future, it could be around meeting your cultural needs or about your own identity.

Some of the support we can offer is:

You Know Your Mind - by thinking differently about what helps improve and sustain positive mental and emotional health then we can apply for funding to help support you with this - speak with your personal adviser for more information.

LGBTQIA+ - There are many different ways people define their gender, identity, and sexuality - if you want to access information or support around this then please speak with your personal adviser or you can get more information on what's available in Nottinghamshire at www.nottslgbt.com





You are not alone

Sometimes being a care leaver can be quite isolating. It is important to remember that you are not alone, and we can support you to access advice and support so that you feel less isolated and alone.

Exploring what works best for you to improve your mental and emotional health and wellbeing is key. Sometimes meeting others, especially those who you might share experiences with or have similar interests to you can have a dramatic improvement on mental health and wellbeing and so we can help explore your options such as clubs and societies in all areas including arts, games, sports etc. You may wish to explore our Leisure Offer (See page 11)

If you have concerns around feeling sad, lonely, or anxious, then we can help explore support for you to access someone to talk to. Or you might want to apply for the You Know Your Mind fund to get some funding to assist with activities or items that can help improve your emotional health and wellbeing.

We also have regular 'coffee and cake' monthly drop-in sessions if you would like to attend these.



Healthy relationships



All relationships can sometimes be challenging whether this is with a partner, friend or family member. It is natural to have disagreements or arguments from time to time, but when this is frequent or if this involves physical violence, aggression or psychological abuse then this is not okay.

If someone is hitting you, hurting you, or forcing you to do things you don't want to do then this is abusive. If someone is controlling, perhaps with money, or being possessive and not letting you see friends, family, or professionals, or checking your phone, then this is also abusive.

If you are worried about how your relationship is affecting you or someone in your family then it is important that you ask for help to make sure you are all safe. You can contact the National Domestic Abuse Helpline on **0808 2000 247** or speak with your personal adviser to help get the support you and your partner might need.

If you are worried, or unsure about your partner's past and how this will affect you or any children in your home, then you can get information about their history from the police under 'Sarah's Law', for sexual offences against children, or under 'Clare's Law', for domestic abuse history. You can phone 101 and ask for this yourself or you can ask your personal adviser for their support.

Other useful contacts:

- Nottinghamshire Domestic and Sexual Violence 24-hour free helpline: **0808 800 0340** (Providing support for women in Nottinghamshire affected by domestic abuse)
- Nottinghamshire Women's Aid 24-hour free helpline: **0808 800 0340** (Providing support for women and children affected by domestic abuse in Bassetlaw, Mansfield, Newark & Sherwood)
- Equation **0115 960 5556** (9.30am-4.30pm Monday-Friday) (Providing support for men aged 18 and over, in Nottinghamshire, who are experiencing domestic abuse)
- National LGBT+ Domestic Abuse Helpline – **0800 999 5428**



Sexual health

Looking after your sexual health is a vital part of taking care of your physical and mental health. Good sexual health is important for all of us throughout the course of our lifetime. Taking good care of your sexual health can include:

- planning for and using contraception
- understanding about changes to your body
- learning how to avoid sexual transmitted infections and unintended pregnancy
- knowing where to go if you want help and advice about your sexual health.

We have open access, free and confidential sexual health services across Nottinghamshire to ensure you can have your sexual health and or contraceptive needs met. This is known as Integrated Sexual Health Services (ISHS):

North Nottinghamshire (Bassetlaw) - Bassetlaw TriHealth

- Worksop - Ryton Street Clinic - Telephone: **01909 571571**
- Retford - Retford Hospital Clinic - Telephone: **01777 200177**
- www.bassetlawtrihealth.dbh.nhs.uk



Central Nottinghamshire

(Mansfield, Ashfield, Newark and Sherwood) - My Sexual Health

- Telephone: 01623 672260
- www.sfh-tr.nhs.uk/our-services/sexual-health/

South Nottinghamshire (Broxtowe, Gedling, Rushcliffe) and Nottingham City - NUH Sexual Health Service

- Telephone: 0115 9627627
- www.nuh.nhs.uk/sexual-health-services

GPs and Pharmacists

In addition to the ISHS some further services are available from participating GP practices and pharmacists. Some GP practices offer long acting reversible contraception (LARC) but this is not available from all practices so please check in advance. Also, some pharmacists will offer free emergency contraception throughout the county. However, some pharmacists do charge, so please check in advance or speak with your personal adviser for support.

You can also get further general information about sexual health via NHS Choices at www.nhs.uk/live-well/sexual-health/

C Card Scheme (Free contraception)

The C Card Scheme allows young people aged 13-25 to get access to FREE condoms, Dental Dams and lubricants and ask any questions they have about sex, sexually transmitted infections and relationships. You don't have to be having sex to use this service, the advice is free and confidential and is aimed at helping young people make the right choice about their sexual health.

For more information about the C Card Scheme then you can either talk to your personal adviser, or visit the website at www.ccardnottinghamshire.co.uk or message them via Instagram at @nottinghamshire.c.card

Free leisure centre access

If you live in Nottinghamshire and you're aged 18-25 years old, then you can access your local council leisure centre facilities for **FREE** as part of the Local Offer.

This means you get a year's free membership to a named leisure centre in your district area, so that you can access the gym, swimming facilities and any classes*.

For more information or to apply for your free membership then please contact your personal adviser or if you are over 21 years then contact the 21Plus Service at 21Plus@nottscc.gov.uk

If you don't live in Nottinghamshire, but you live close to an Everyone Active leisure centre and you are a Nottinghamshire looked after young person or care leaver, then we can also explore signing you up for **FREE** membership to that local leisure centre too!

*dependent on facilities and centre availability and membership is renewed annually



Being a parent or parent to be

Being a parent is exciting and deeply rewarding - but it takes a lot of skills, knowledge, and experience, which many first-time parents feel that they do not have. If you are a care leaver who is pregnant, preparing to become a parent or already parenting a child/children, then we can provide you with support and guidance for you and your family.

As someone who has been in our care, our role to you is to be your corporate parent and provide you with support and guidance within this role. As such this offer is also about providing support for your child or children, as their 'corporate grandparent'.

We have a specific Local Offer for care leavers who are a parent or preparing to become a parent which has been co-produced with Nottinghamshire care leavers who have lived experience of being a parent and/or parent to be. For more information then please speak with your personal adviser or you can visit www.nottshelpyourself.org.uk



Things to do



'Coffee and cake' monthly drop-in

We love hearing about what is happening in your life and we might be able to offer some advice or support, or maybe just celebrate your achievements, and so what better way is there than having a catch-up with a personal adviser over some *coffee and cake!

You could chat to us about:

- Health and leisure
- Employment and training
- Education plans
- Housing
- Financial matters
- General catch-up



These will be held at various venues across Nottinghamshire every month. So if you want to arrange to meet up with your previous personal adviser/ achievement adviser, or maybe pop in for five minutes or stay the full two hours... it is totally up to you.

This is a FREE drop-in session and if you want to attend then bus fares and travel costs can be refunded.

For more information about dates, times and venues please check www.nottshelpyourself.org.uk or alternatively you can contact your current personal adviser or if you are over 21 years then email:

21Plus@nottsgov.uk

*Other refreshments will be available

If you identify as disabled or have a long-term health condition

If you were in care as a child or young person, and received specialist disabled support services during this time or have continuing involvement from Adult Social Care services then you may still access support, advice, and guidance from Leaving Care.

Sometimes, the support you currently receive may be absolutely right for you and so it may not be appropriate for another professional to be in your life. However, there may be times where you need support from Leaving Care or a personal adviser, either way if you or someone who supports you would like us to consider your needs and enable you to access support, then please contact the relevant Leaving Care Team where you reside, and they will be able to offer some assistance with this. Or if you are over 21 years old, then you can contact the 21Plus Service at: **0115 804 4154** or **21Plus@nottscc.gov.uk**.



Your health as you get older



It is important that you look after both your physical and mental health and as you get older, if you are aged 21 years or above then you still need to be safe, healthy and happy. We can support you around general health and wellbeing, accessing primary health care, being registered with a doctor, dentist and optician, and ensuring that you are accessing any medical treatments and services you require.

If you have a disability or involvement from Adult Social Care services then with your permission, we can speak with them and see what additional support needs you may have and where we can help meet that need.

If you are over 21 years old, then you can contact the 21Plus Service at:
0115 804 4154 or 21Plus@nottsc.gov.uk for more information.



Financial support for your health

If you are worried about the cost of accessing health care, then please talk to your personal adviser as most health treatments can be accessed by everyone for free via the NHS.

If prescription medication, health assessments, general or specialist health equipment or something else you require and you are being asked to pay for this and cannot afford to - then we can explore possible grant funding or ways in which you can receive the relevant financial support to help you get what you need.

It is also important that if you have a health condition where you can receive additional financial support and help then we access this for you. Please speak with your personal adviser or the 21Plus Service (if you are over 21 years) for further advice and support.



Accessing emergency health care

NHS 111 can help if you think you need medical help immediately. You can access help from NHS 111 either by visiting www.111.nhs.uk, using the NHS App or by dialling 111 on your landline or mobile device. Someone will then direct you to the best place to get help if you cannot contact your GP during the day, or when your GP is closed (out-of-hours).

You should call **999** in a life-threatening emergency only. Life-threatening emergencies are different for adults and children.

If you need to go to a hospital in an emergency then do not drive yourself. Ask someone to drive you, get a taxi/uber or call **999** and ask for an ambulance. Remember to take any medicines you take with you.

- If you call **999** then the call handler will ask you some questions. They will want to know things like:
- the location of the emergency (for example, the postcode or any landmarks)
- what has happened (the main symptom or reason for the call)
- your contact number (in case they need to call you back)

They will tell you when they have all the information they need. If you are told you will get a callback, make sure there is someone there to answer.



Contact us



You can contact Nottinghamshire's Leaving Care Team by phone or email:

For Bassetlaw (Worksop and Retford), Newark and Sherwood (Newark-on-Trent, Edwinstowe, Southwell and Ollerton)

Contact: 0115 804 4401 or LeavingCare.North@nottsc.gov.uk

For Mansfield (Mansfield Woodhouse, Market Warsop) and Ashfield (Selston, Hucknall, Kirkby-in-Ashfield and Sutton-in-Ashfield)

Contact: 0115 804 1236 or LeavingCare.Central@nottsc.gov.uk

For Broxtowe (Beeston, Stapleford, Kimberley and Eastwood), Gedling (Arnold, Carlton, Calverton, Ravenshead, Newstead), and Rushcliffe (West Bridgford, Bingham, Cotgrave, Radcliffe-on-Trent, Ruddington, Keyworth and East Leake)

Contact: 0115 854 6318 or LeavingCare.South@nottsc.gov.uk

If you are over 21 years old, then you can contact the 21Plus Service at: **0115 804 4154 or 21Plus@nottsc.gov.uk**

For mental health support, you may find these links helpful-
nottalone.org.uk/aa www.mind.org.uk/

If you would like to speak with our Achievement Service, then you can either speak with your personal adviser or you can email them at **achievement@nottsc.gov.uk**

Our Unaccompanied Asylum Seeking Children (UASC) Team support looked after children seeking asylum and care leavers until their 21st birthday. You can contact them at **uasc@nottsc.gov.uk**

For information about our Local Offer for Care Leavers or to see our specialist offers for the Achievement Service, 21Plus Service, young people seeking asylum (UASC), and those in or leaving custody then visit **www.nottshelpyourself.org.uk**

This information can be provided in alternative formats and languages. If you would like this, then please contact us at the above details.