



Community Children's
Health Partnership

Children Looked after Nurses (CLAN)

"We're here
for you"



Working together, working with you



You and your health are important to our team and we are here to help you get your health sorted.

We know a lot of young people and have come across a lot of situations. So, whatever you tell us won't surprise, shock or embarrass us.



Staying well means that other things in your life can be easier, for example making friends, learning and working through difficulties.



Make sure you benefit from staying healthy and let us help you to look after yourself.

Because your health is important, so when you become looked after you are entitled to a health assessment.



A health assessment focuses on staying well and healthy and is a chance to talk to a doctor or nurse about:

- n How you are growing
- n What makes you happy or unhappy
- n Make sure that you are getting the right care
- n A chance to talk about keeping yourself safe
- n Knowing about other health services and how to get the best out of them

We treat everything you tell us with the utmost confidentiality, unless what you tell us puts your or somebody else's safety at risk.

How to contact us:

**Bristol and South Glos
Nurses**



Email:
sirona.lacnurses@nhs.net



Telephone: 03001256911

North Somerset



Email: sirona.ns.cla@nhs.net



Telephone: 01934 419339

This leaflet has been produced with input from children who this has happened to.

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