

Hull care leavers co-produce health information card for vulnerable young people - 2019

A group of five care leavers are currently working with Hull CCG to co-produce a health information card - something they felt was critical in supporting young people moving from local authority care to independence.

The idea came from one of the care leavers who had made his own wallet-sized card with all the important telephone numbers he needed in one place; including his GP details, NHS 111 and the local mental health crisis line and details about the care leaving team.

The group of five have provided us as CCG health professionals with a realistic insight into care leavers' lives and how they look after their health. They have cited good reasons for working with us which include not knowing where to go for health advice, feeling intimidated speaking to their GP and not knowing their rights in regards to health care. The group want to develop something for other young people like them that could act as a starting point for taking better care of their own health or for supporting friends in their health.

The project involves working on developing a fold-out card to hold information on health and council services, as well as making rights and responsibilities around health care more accessible to everyone transitioning into independence, including those without internet access or a permanent roof over their head.

Discussions around what is needed in the content of the card focus on the importance of providing mental health information and 'basics' such as how to get registered with a GP, access dental services and where to get healthy lifestyles advice amongst other relevant services*.

The next stage of the project will see the group look at the design of the card, before working with health and local authority staff to promote the card to care leavers throughout the city and the staff that work with them.

*Service information to be included in the card:

- Mental health services; Let's Talk, Crisis Team, Samaritans, Eating Disorder services
- How to access GP services / register with a GP
- How to access dental services
- How to access opticians
- Sexual health clinic information
- Support with unhealthy relationships / domestic abuse
- Drug and alcohol service information
- Support for the homeless
- Information for young parents
- Entitlement to free prescriptions and support towards dental / optician costs
- Emergency and non-emergency numbers; i.e. NHS111 and 999
- Information around the leaving care team and Looked after Children (LAC) Personal Assistants

If you are interested in this project then please get in touch via HullCCG.Contactus@nhs.net