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Your health

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We want you to be happy and healthy and we can help support our health and wellbeing when you leave our care

This page gives you information on the following areas:

Your health

We want you to be happy and healthy. Our leaving care team and your personal adviser will support you to stay healthy and look after your physical and mental health.

This page gives you information on the following areas:

- Your health needs
- Support to be happy and healthy
- Mental health and wellbeing
- Substance misuse and sexual health services
- Exercise (passport to leisure)
- Emergency information
- Staying healthy and well-Top health tips

If you would like support to access health services or need someone to go with you, speak to your personal advisor (PA).

Your health needs

After your last health assessment and before you leave care, you will be given a 'health summary', which is your personal health record. It includes information about your medical history, facts about your health and contact details for other services you might need.

You will receive this from the enhance children in care and care leavers team. A copy will be shared with your GP and personal advisor unless you have confirmed that you do not give your consent for this.

Should you misplace the copy provided by the enhanced children in care and care leavers team, you can access it via your GP online service or request via your GP directly. If you need support with this, speak to your PA who will be able to support.

Support to be happy and healthy

We want to make sure you get the help and support you need when you need or want it. Speak to your personal advisor (PA) about having access to the following:

- **Accessing a GP**- GPs and practice nurses treat all common medical conditions and can refer to specialist services if required. GP practices offer a range of services including immunisations and medication reviews. For more information on finding a local GP

and how to register visit- [Find a GP - NHS](#)

- **Free prescriptions** - Our young people can also access free prescriptions (either with [support to apply for exception](#) or we will pay for an [prepayment cert](#))
- **Eye tests and glasses** – Do you have ongoing issues or specific needs related to your eyesight? Speak to your PA, they will help and support you to get the help you need. Sometimes we can help with the cost of eye tests and glasses, your PA will support you.
- **Dental treatment** - If you currently don't have access to a routine NHS dentist, please email Fylde Coast Medical Services (FCMS) dental.admin@nhs.net to request a return call referencing that is for access to 'pathway 3 children in care and care leavers dental referral' and only include your telephone contact details. If you are experiencing dental pain or require emergency treatment, please contact the dental helpline- 0300 1234 010 who will support in finding a local out of hours dentist. If you need support with either, please ask your PA.

Mental health and wellbeing

There is a range of support available if you need support with your emotional or mental health. Speak to your PA for more information. If you are struggling with your mental health we are here to help and support you, please just ask for help...don't bottle it up.

These are some of the options; -

- A dedicated risk support liaison practitioner, who can help and support you by giving advice to your PA if they are concerned around your mental health, offer joint working to get you mental health support to meet your needs and support both you and your PA to co-produce any risk assessments and support plans. Training is also offered to Personal Advisor's to ensure they work with you in a way that suits your individual needs. Please speak with your PA for more information.
- You can access a wide range of support via the Single point of access- [Blackpool local offer | Young people's mental health support](#)
- Kooth online mental wellbeing support- [Home - Kooth](#)
- You can also access the councils employee assistance programme (EAP) which includes counselling. Wisdom (healthassured.org) you will need to ask your PA for the code.

Substance misuse services

Blackpool adolescent service provides free support for young people with drug, alcohol, and sexual health issues. You can refer yourself or ask your PA to refer on your behalf.

- [Substance misuse and sexual health services](#)
- [Blackpool and Lancashire Sexual Health Services](#)

You can also access 'Drugs and ME' Chatbot for help and support 24 hours per day- [24/7 expert drug information. \(drugsand.me\)](#)

For support on stopping smoking visit- [Smokefree Blackpool :: Blackpool Teaching Hospitals](#) or call 0808 1964324

Exercise (passport to leisure)

An active life and a healthy diet can reduce your risk of major illnesses. By doing regular exercise you can lower the risk of heart disease, diabetes, cancer, stroke, digestive/bowel problems, and mental health issues. It can also boost your confidence and self-esteem, sleep quality and mood and can make people feel less isolated and lonely.

The passport to leisure scheme provides free and reduced access to leisure provision for all 'our' children and young people up to the age of 25 years.

The scheme entitles the individual to free and reduced access to the activities outlined below at the following locations:

- Palatine Leisure Centre, 207 St Annes Road, Blackpool, FY4 2AP
- Blackpool Sports Centre, West Park Drive, Blackpool, FY3 9HQ
- Moor Park Health & Leisure Centre, Bristol Avenue, Blackpool, FY2 0JG

You can access the following at these sites:

Free Activities:

- Casual Swimming
- Badminton*
- Table tennis*
- Gym access
- Casual rock climbing and bouldering
- Athletics track
- Cycle track
- Exercise classes

*Free use of badminton and table tennis court, enables the individual to bring a friend to play with for free.

Half price instructor led activities, including:

- Gymnastics
- Rock climbing courses
- Swimming lessons
- Low/High ropes
- Outdoor revolution

The range of activities is growing all the time, so the above lists are not all inclusive – check out our website for [an up to date list of activities on offer](#), for all ages: You can also download the Active Blackpool app from your app store.

If you live outside of Blackpool, your PA will support you to access community sports centres so that you can access similar activities that may be on offer where you live.

Emergency information

Call 999: Life threatening emergency. This is when someone is seriously ill or injured and life is at risk.

Call 111: NHS 111 can help if you have an urgent medical problem and you're not sure what to do (Available 24 hours, 7 days a week).

[NHS UK](#) provides further information and advice. Local pharmacists are also available for advice.

[Emergency dental](#)

If you need urgent help as you are in mental health distress, then there is always someone you can call.

Mental Health Crisis Line is available 24 hours a day, 7 days a week by calling 0800 953 0110. It is staffed by trained mental health professionals who can provide assessment and referrals to appropriate services.

Parents or parents to be...

You may be entitled to assistance from Healthy Start [Get help to buy food and milk](#) and a one-off payment from [Sure Start Maternity Grant: Overview](#).

If you are unsure how to access these, please speak with your PA who will be happy to support.

The [Birth to Five book provides information on becoming a parent](#), taking care of yourself and your child, plus support in finding practical help and support.

Within Blackpool, we offer a [family centred health visiting service](#). We specialise in working with families with a child aged 0 to 5 years old to identify health needs as early as possible and improve health and wellbeing by promoting health, preventing ill health and reducing inequalities.

There is also [The Early Parenthood Service](#) which provides support to families who identify as needing additional support. Or speak to your local Family Hub [Blackpool Family Hub locations](#)

Don't worry about asking any questions if you need more information. If you feel that you need any support, advice, or guidance, talk

to your PA or someone you trust.

Staying healthy and well - Top health tips

- To be healthy and to maintain your overall well-being is important [Live Well - NHS](#)
 - It is your responsibility to register with a GP: [How to register with a GP surgery](#). Your PA can also support you. You can request a different doctor if you feel the need to
 - Look after your oral health – for more advice: [Take care of your teeth and gums](#)
 - See a dentist every six months: [Find a dentist](#) or see above on how to access the care levers dental pathway
 - See an optician every two years – unless you’re advised otherwise [Opticians and sight tests](#)
 - Recognise your feelings and if you feel low, it’s important to talk to someone [Low mood - Every Mind Matters](#)
 - Speak to your Personal Advisor about financial help with dental and optician costs [Help with health costs](#)
- Further information about health and well-being can be found at- [Life in Your Hands: Young health and well-being - taking care of your physical health - Coram Group](#)

Free and confidential advice service available 24/7

This service is provided by a company completely independent to the council called Health Assured. The Employee Assistance Programme (EAP) can assist with all of life's ups and downs and it is not just counselling for use in a crisis. The telephone helpline can help with any non-work related issues.

Contact can be made:

- **By Phone: 0800 028 0199** (or add prefix 0044 to call from outside UK – stating they are a UK based employee, calls will be charged) Access to Mincom is arranged via scheduling a consultation using the email address or contact facility on the webpage. **You just need to mention they are a Blackpool Care Leaver.**
- **By App** : Download the Health Assured **Wisdom** app via Google play or Apple store using the code **MH A051861** – Here you can access “live chat” facility or request a call back

Additional information

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Blackpool Council

Municipal Buildings
Corporation Street
Blackpool
FY1 1NF

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