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[childrenandfamilyhealthdevon.nhs.uk](http://childrenandfamilyhealthdevon.nhs.uk)

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.



# Your Health Passport

**Our service is run by  
a dedicated team of  
qualified Nurses**

## Healthy Ramadan

The month of Ramadan is when Muslims fast during daylight hours. Fasting during Ramadan is good as long as it is done safely. Islamic Law says people who are ill should not fast and there should be careful consideration if you are pregnant. If you have been prescribed specific medication it is advised that you seek medical advice about Fasting.

You can find out about a healthy Ramadan at:  
[www.nhs.uk/Livewell/HealthyRamadan](http://www.nhs.uk/Livewell/HealthyRamadan)

### Personal information

Name	
NHS Number	
National Insurance Number	
Date of Birth	
Place of Birth	
Weight at birth	
Blood group (if known)	

## What is a health passport?

This health passport is an important document for you because it contains details about your health since you were born. You may find it helpful in the future if you become ill or need medical assistance. It might also be useful if you become pregnant or you are a parent yourself.

Your GP should have most of this information but this is your personal record. You may need to ask your GP for some of the details, for example, your blood group or immunisation (injections) history.

If you have questions about anything included in your health passport, it is very important that you discuss them with a health professional.

There are spaces throughout the passport to add any information that you feel may be important.

## Healthy eating

Maintaining a healthy diet will make you feel physically and emotionally more healthy. A varied diet with plenty of fruit and vegetables will give you the nutrients you need to stay healthy.

Too much food that is high in fats and sugars will make you put on weight. It's also important to exercise regularly which will help you lose weight and feel healthier both physically and emotionally.

If you have concerns about your weight and you would like advice speak to your GP.

You can also find information and tips on eating healthily on the NHS's website at [www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating](http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating)

## Don't put yourself at risk

Being young is an exciting time but it's important that you feel happy in a relationship. It's important to not feel pressured by your partner. It is important that you have the correct information you need regarding sexual health, contraception and relationships and the confidence to manage safely as you move into adulthood.

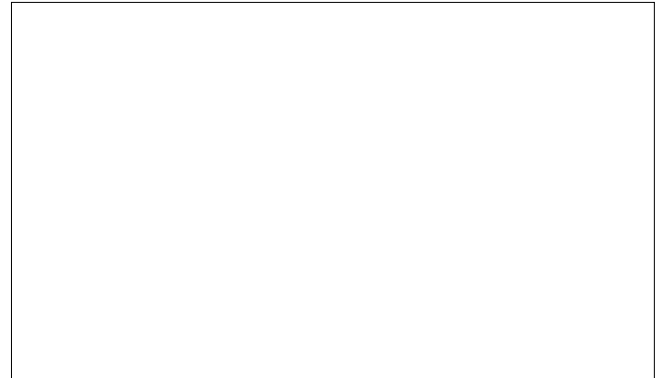
Having a good understanding will enable you to feel more confident and secure in your decisions that you make regarding relationships and sexual health.

## Your own health history


### Medications I take regularly



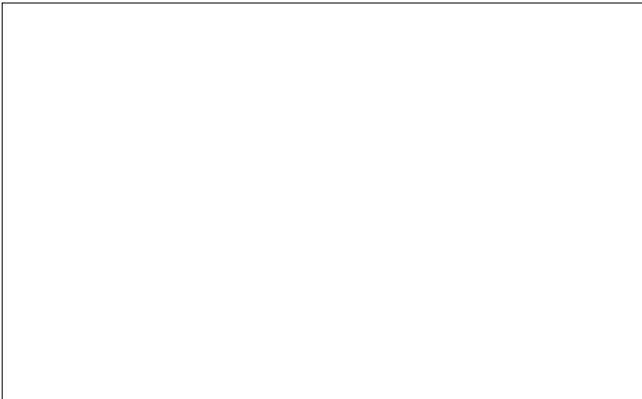
### Allergies



## Childhood illnesses



## Family history



- Give you money
- Buy you expensive gifts
- Touch you inappropriately and make you feel uncomfortable
- Want to have sex
- Want you to do something sexual to them
- Want you to watch them doing something sexual
- Send or give you sexual images to look at

Remember to keep safe, and tell someone about it if it is happening to you or any of your friends. Look out for any warning signs and report anything that you're feeling uncomfortable with.

If you have experienced CSE speak to a health professional or a trusted adult or

## Child Sexual Exploitation (CSE)

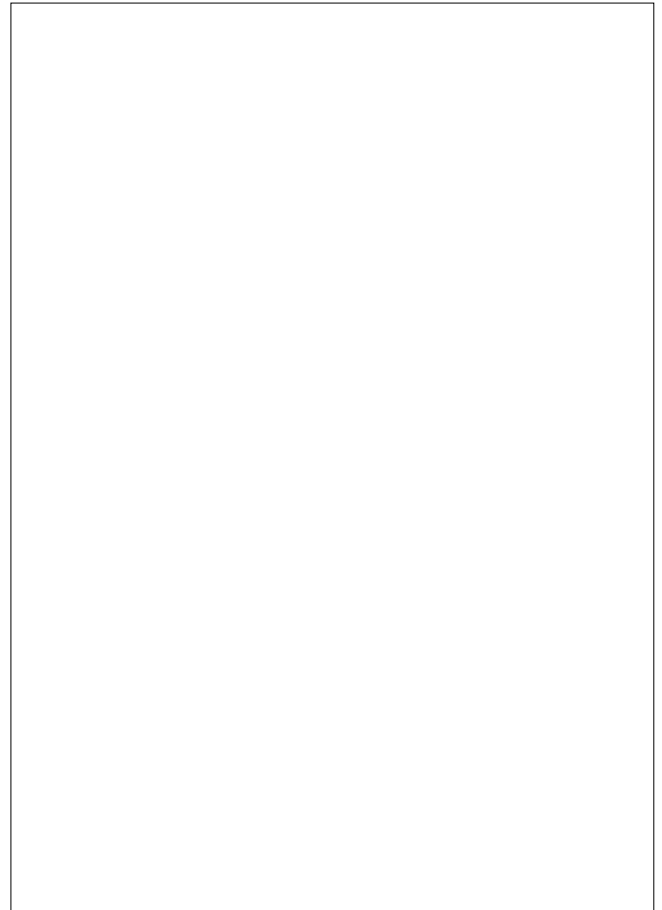
Child sexual exploitation (CSE) is a type of sexual abuse that involves manipulating young people into sexual activity.

Sometimes it is difficult to know it is happening and it can happen in different ways, it can happen anywhere and online.

You might feel alarmed or uncomfortable thinking about CSE but having the knowledge to spot it you'll be able to feel confident in relationships.

CSE can be hard to recognise but here are some of the ways people may take advantage of you, they might:

## Additional information



## NHS costs

Treatment on the NHS is free at the point of delivery, and as a young person you may be entitled to a number of free or discounted services.

If you are under 16, and/or under 19 and in qualifying full time education, you are entitled to free prescriptions, dental and eye care. To find out more about health costs and help available to you, you can find out more on [www.nhs.uk/NHSEngland/Healthcosts/Pages/help-with-health-costs.aspx](http://www.nhs.uk/NHSEngland/Healthcosts/Pages/help-with-health-costs.aspx)

## Your GP details

You can find local NHS services on [www.nhs.uk](http://www.nhs.uk).

You can join a GP practice as a temporary resident for up to three months. To join as a permanent resident or patient, you will need to go and fill in a registration form. You will usually only need to provide your date of birth and your address

## Sexuality

Your sexuality is about who you're attracted to. For some people this can be a complicated issue as they might not simply be attracted to a member of the opposite sex. Some people are attracted to people of the same sex, both sexes, neither, and some people are confused about their gender identity, and there are many other types of sexuality.

People can be afraid to 'come out' (tell other people about their sexuality) for many reasons but Childline have information on sexuality and coming out that can help at

[www.childline.org.uk/info-advice/your-feelings/sexual-identity/sexual-orientation](http://www.childline.org.uk/info-advice/your-feelings/sexual-identity/sexual-orientation)

For information around **gender identity** you can find help at

[www.gids.nhs.uk](http://www.gids.nhs.uk)



## Relationships

Feeling that you are attracted to someone can be confusing and difficult to deal with. There's no pressure for you to have relationships if you're not ready and it's okay to say 'no' too.

If you are experiencing problems or looking for information on dealing with relationships speak to an adult whom you trust or a professional such as teacher, nurse or GP or Childline's site

**[www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/relationships/](http://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/relationships/)**

GP Address	
GP Telephone Number	
GP/Doctor Name	

GP Address	
GP Telephone Number	
GP/Doctor Name	

GP Address	
GP Telephone Number	
GP/Doctor Name	

GP Address	
GP Telephone Number	
GP/Doctor Name	

GP Address	
GP Telephone Number	
GP/Doctor Name	

GP Address	
GP Telephone Number	
GP/Doctor Name	

### Sexual Health and Contraception Service

To find your nearest sexual health service and get information and advice on sexual health issues, visit the **Sexual Health Hub on [www.nhs.uk](http://www.nhs.uk)** where you will find details of your nearest NHS testing and contraception service. Sexual Health and contraception services are confidential, free-of-charge and available to everyone.

You can record the nearest service here:

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## Mind

Provide advice and support to anyone experiencing a mental health problem.

**Telephone:** 0300 123 3393 or text 86463

**Website:** [www.mind.org.uk](http://www.mind.org.uk)

## Childline

Help anyone under 19 with any issues they are going through.

**Telephone:** 0800 1111

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

Youth clubs give young people a place to go outside of school. They offer a huge range of activities from sports to creative arts and learning work skills. They're also a great way to meet other young people from your area and build friendships. Ask for information from your school online for local youth clubs.

## What do I do with a prescription?

Your GP will give you a prescription which you then take to a pharmacy. You will need to sign for them. Some prescriptions, like contraception, are free. For others there may be a charge. Have a look at the back of the prescription to see whether you have to pay or just ask the pharmacist.

## Help with prescription charges

You might be able to get free NHS prescriptions. For more information please visit: [www.nhs.uk/NHSEngland/Healthcosts/Pages/Prescriptioncosts.aspx](http://www.nhs.uk/NHSEngland/Healthcosts/Pages/Prescriptioncosts.aspx)

## Immunisations/injections

If you are unsure about any of the immunisations you might need, go to:

Date of immunisations
Diphtheria
Tetanus
Polio
Pertussis (whooping cough)
Haemophilus influenza Type B (Hib)
Pneumococcal
Meningitis C
MMR (measles, mumps and rubella)
HPV
Men AWCY

There are other organisations who offer support and advice and you can speak anonymously and for free.

**<https://www.nhs.uk/conditions/stress-anxiety-depression/>**

### KOOTH

Provide online counselling and information for young people. You can chat anonymously to their counsellors on their website

**[www.kooth.com](http://www.kooth.com)**

### Young Minds

UK's leading charity to improve the emotional wellbeing and mental health of children and young people.

**Telephone: 0808 802 5544**

**Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)**







## Your dentist details

It is advisable to get your teeth checked by a dentist every six months or as advised by your dentist. Please check to see if you are able to get free or reduced price services.

Dentist name	
Address	
Telephone number	
Name of practice	

Dentist name	
Address	
Telephone number	
Name of practice	

## Stop Smoking Service

The NHS Smokefree service offers support and advice to help you stop smoking and can prescribe you with gums, inhalers and other support devices and medications to help you quit.

You can download the NHS Smokefree app on iOS and Android, visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) or speak to your GP for more information.

## Drugs and Alcohol

At some point you might be introduced to drugs and alcohol and it's important that you understand what can happen to you when you are. There can be pressure from friends and others to take drugs and alcohol so you might feel left out if you're not getting involved but you can say 'no'. Drugs and alcohol have many bad effects and you can get into a lot of trouble from taking them.



## Pharmacy

You can find your nearest pharmacy (including 24 hour pharmacy) here:

**<https://www.nhs.uk/service-search/find-a-pharmacy>**

You can record the nearest service here:

Pharmacists can offer various support and advice on minor illnesses, sell over-the-counter medication and provide drugs prescribed to you by your GP.

Dentist name	
Address	
Telephone number	
Name of practice	

## How to access a dentist

To find a dentist local to you go to:  
**[www.nhs.uk](http://www.nhs.uk)**.

If you require urgent treatment please contact your usual dentist. If you do not have a regular dentist call NHS **111** for advice and information on where you can get urgent care.

It is recommended that you visit your dentist every 6-12 months. However your Dentist will recommend the frequency of visits depending on the health and condition of your mouth, teeth and gums.

## Dental costs

Dental charges depend on the treatment you need to keep your mouth, teeth and gums healthy. You will only ever be asked to pay one charge for each complete course of treatment, even if you need to visit your dentist more than once to finish it. If you are referred to another dentist for another, separate course of treatment, you can expect a second charge. Some minor treatments are free

## Getting help with dental costs

If you are on a low income you may be eligible to receive financial help through the NHS Low Income Scheme. Find out more about the NHS Low Income Scheme (LIS):  
**[www.nhsbsa.nhs.uk/1125.aspx](http://www.nhsbsa.nhs.uk/1125.aspx)**

Find out about other ways you might be able to get help with your dental costs at  
**[www.nhs.uk/NHSEngland/Healthcosts/Pages/Dentalcosts.aspx](http://www.nhs.uk/NHSEngland/Healthcosts/Pages/Dentalcosts.aspx)**

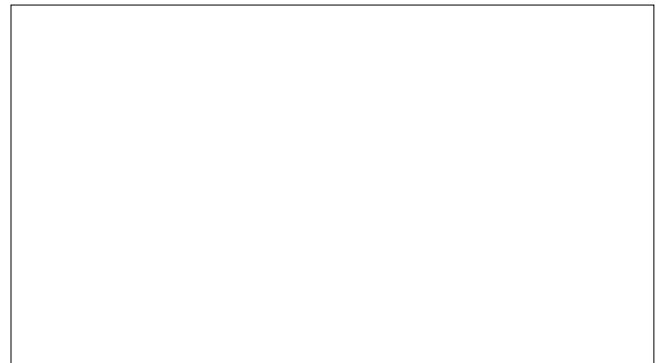
## Walk in GP and Minor Injuries Unit

If you cannot get an appointment with a GP, a walk-in centre will often allow you to access a GP or nurse practitioner (who can diagnose and prescribe you medicine) for urgent but non-life-threatening conditions.

Minor Injury Units specialise in minor cuts and accidents, but the remit of your local service will vary and may change over time.

Please call 111 from a phone for information on which service is most appropriate for you to visit.

You can record your nearest services here:



## Staying healthy

### Finding your nearest health services:

#### Accident and Emergency service

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Accident and Emergency is for urgent and life-threatening conditions. If you need emergency assistance because you are bleeding heavily, or think you may be having a stroke or heart attack, please call 999.

## Optician

It is generally advised to get your eyes checked by an optician every two years or as advised by an optician. You qualify for a free NHS sight test if you're: aged under 16, aged 16-18 and in full-time education, registered as partially sighted or blind or if you've been diagnosed with diabetes or glaucoma.

Optician name	
Address	
Telephone number	

Optician name	
Address	
Telephone number	

## Healthcare while you're on holiday

If you are travelling outside of the UK, it is important to make sure you have adequate travel insurance to cover any healthcare costs you may have while you're there, because you won't be able to access free healthcare like you do at home.

You can apply for or renew your European Health Insurance Card (EHIC) until 31 December 2020. From 1 January 2021 you may not be able to use a UK-issued EHIC to access healthcare in Europe. EHICs issued by other European countries are not affected.

You can find our more information, to check if you're eligible to apply for a new UK EHIC from 1st January 2021, what the EHIC covers and what to do if you're abroad and do not have your EHIC at:

**<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-ehic-european-health-insurance-card/>**

You can see more information on healthcare abroad at:  
**<https://www.nhs.uk/using-the-nhs/healthcare-abroad/healthcare-when-travelling-abroad/>**

If you're travelling outside the UK you'll need a passport. Find out how to apply for or replace your passport at  
**[www.gov.uk/apply-renew-passport](http://www.gov.uk/apply-renew-passport)**.