



Transition to Adult Services

How do I Access my Doctor?

How do I Access my Dentist?

Accessing Health Records

Mental Health Advice

Useful Contacts

Sexual Health Advice

Useful Health Apps

Useful Websites and Links

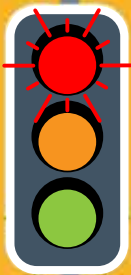
Health advice for young people moving to adult services in Bassetlaw!





This booklet also contains information about accessing health services and useful contact information should you need them for your health in the future!

Your Personal Health History ↓



There is space for a summary of your personal health record on the following pages. It includes information about your medical history. The information provided is very important as you may need it in the future. The health details will be useful if you need medical treatment.

For further information about preparing for adulthood:

Visit

www.nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/preparation-for-adulthood

Email

info@preparingforadulthood.org.uk

Write to

Nottinghamshire County Council
Customer Feedback
County Hall
West Bridgford
Nottingham NG2 7QP

Phone

0300 500 80 80

Let's Go!



Personal Information Section



Name

Date of Birth

NHS Number

GP

Address

Telephone

Dentist

Address

Telephone

Optician

Address

Telephone

Other Health Professional

Address

Telephone

Other Health Professional

Address

Telephone



**Your
Medical
Details**

Current Health Conditions/Illnesses

Blank area for writing current health conditions or illnesses.

Medications Currently Taken

Blank area for writing medications currently taken.

Allergies

Blank area for writing allergies.



Contacts and Websites



You can access a computer and the internet free at your local library. To find out where your nearest Library is contact:

Bassetlaw District Council on:
01909 533533

For information about a local Doctor (GP) or Dentist near to where you live, go onto the NHS website: **www.nhs.uk**

How to register with a Doctor (GP):

Go to the Doctors' Surgery near to where you live and ask to register with a Doctor. You will need your NHS number (written on the page 3), some ID and the name of your last Doctor (GP).

How to register with a Dentist:

Go to the Dentist near to where you live and ask to register as an NHS patient or call NHS 111.

NHS Out of Hours Health Services:

- **Call 111**
- NHS Website **www.nhs.uk**
- Or call your own doctor (GP) who will direct you to the 111 Service

Prescription Costs:

You may not have to pay for prescriptions if you are a student or on benefits. You need to complete an exemption (not pay) form. This can be found at **www.nhs.uk**

Opticians:

You may go to local optician and have a NHS eye test. This is free up to the age 19 years old if you are in full time education

Talkzone

Talkzone is a free counselling service for young people aged 18-25 years living within Bassetlaw
Call: **01909 530943**

The Centre Place

Abbey Street Community Centre
Abbey Street, Worksop S80 2LN
Call: **01909 479191**
email: **info@centreplace.org.uk**

Alcohol

For information on alcohol:
www.drinkaware.co.uk
www.nhs.uk/livewell/alcohol

Sexual Health and Contraception

For advice and information on sexual health:
www.brook.org.uk
www.nhs.uk/livewell/sexualhealthtopics

Drugs

For information on drugs:
www.talktofrank.com

Healthwatch Nottinghamshire

Have your say

www.healthwatch.co.uk/have-your-say
Call: **03000 683 000**
email: **enquiries@healthwatch.co.uk**

NHS Apps



NHS go is a confidential health advice and information service for 16- 25yr olds.



Ask NHS is for over 18yrs. Talk to a virtual health assistant and search NHS advice and local services.



NHS App gives advice about coronavirus, order repeat prescriptions, book appointments, get health advice, view your medical record

All apps are available for free on iOS and Android!



Casy Counselling

Casy provides a confidential counselling service to young people aged from 6-25 years
23 Mill Gate, Newark NG24 4TR
Call: **(01636) 704 620**

Freed Beeches (Eating Disorders Service)

39 Park Street
Worksop Nottinghamshire S80 1HW
Call: **(01909) 479922**

Beat (Beat is the UK's eating disorder charity)
Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders. Eating disorders are serious mental illnesses that ruin and, too often, take lives. The Beat Youthline is open to anyone under 18.

Call: **0808 801 0711**
email: **fyp@beateatingdisorders.org.uk**

Health for Teens

Offers a great choice of content and quizzes across all areas of your health, from sexual health to your feelings, growing up, lifestyle and much more: **www.healthforteens.co.uk**

LGBT Service for Nottinghamshire

www.lgbtplusnotts.org.uk
info@lgbtplusnotts.org.uk
Call: **(01909) 479191**

Healthy Lifestyle

For information about health eating and exercise:

www.nhs.uk/livewell/fitness
www.nhs.uk/livewell/healthy-eating

Disability

For support and disability information:
www.scope.org.uk

Housing

For help and support with housing:
www.england.shelter.org.uk

Nottinghamshire Help Yourself

Partnership between health, the voluntary sector and Nottinghamshire County Council to bring information and advice together in one central place: **www.nottshelpyourself.org.uk**

Child Exploitation & Online Protection

www.thinkuknow.co.uk

Missing People Runaway Helpline

www.missingpeople.org.uk
Call: **116 000** - free from mobiles

Sexual Violence Support Service

www.nottssvss.org.uk

Samaritans

www.samaritans.org
Call: **116 123** - free from mobiles

Citizens Advice

Offers advice and help with benefits, debt/ money & Legal matters

www.citizensadvice.org.uk
Call: **0344 411 1444**

Shelter

Housing advice and those struggling with homelessness

www.england.shelter.org.uk

WAM (What About Me?)

WAM provide one to one support to children and young people affected by somebody else's mental health and/or substance use. A community service which means they can see you at a place that is convenient and nearby

Call: **0115 9691 300** ext **16499**
email: **wam.team@nottshc.nhs.uk**

Trihealth (Bassetlaw Integrated Sexual Health Service)

The Ryton Street Centre
Ryton Street, Worksop S80 2AU
Call: **(01909) 506418**

Kooth Counselling

Children and Young People's Online Counselling Service: **www.kooth.com**

Developed by:

NHS Bassetlaw Clinical Commissioning Group
Nottinghamshire Healthcare Foundation Trust
Doncaster and Bassetlaw Teaching Hospitals
Nottinghamshire County Council

email: BASCCG.CommuniationOffice@nhs.net

Call: 01777 590035

www.bassetlawccg.nhs.uk

Twitter: @BassetlawCCG

Facebook: **NHS Bassetlaw Clinical Commissioning Group**