

# The Looked After Children's Health Team Newsletter

## Message from Kim Henson, Lead Nurse

We hope that everyone had a happy Easter despite the changeable weather. We can now look forward to lighter evenings and hopefully some sunshine.

Your LAC Nurses have been busy since our last newsletter. We are currently trying to get you your own **Facebook page** so that you can chat and ask questions of your nurses whenever you feel that you need to.

We will be able to post health information that may help you to access services and deal with any issues quickly. We are hoping to have this in time for our next newsletter.

The nurses are also developing leaflets for both young people and their carers to explain about the health assessments, why you need to have them, and what will happen at the assessment.

If you would like any information or want to have a confidential chat you can contact us on 01634 838906.

Take care and have a good spring! *Kim*

## Healthy Weight

In order to stay healthy it is important to maintain a healthy weight. Obese is a word used to describe when a person is very overweight and has a lot of body fat. Did you know that this can affect one in every five children aged 10-11 in the UK and overweight can cause many health problems including heart problems and type 2 diabetes. Children who are in foster care can have a higher risk of becoming obese.



## How to stay healthy

We all love treats and it is important to enjoy them occasionally, but it is also important to eat a healthy diet most of the time. Swap sugary treats for healthy treats. Keep active and enjoy taking exercise every day.

If you are concerned about your weight, there is help and support available.

**A BETTER MEDWAY:** Phone: 01634 334800

**MEND:** This programme is to help prevent obesity. For more information about any of the MEND programmes phone 01634 333741 or email [mend@medway.gov.uk](mailto:mend@medway.gov.uk)

**FITFIX:** This is a 12 week lifestyle course for 13-17 year olds and includes free membership to the gym. Telephone: 01634 337214.

On-line: **Change4Life** has lots of small, easy steps you can make to help your family lead a healthier lifestyle. Visit the website and sign up to get your own action plan and **Change4Life freebies**.

### Purely Fruit Sweetened Brownies

#### RECIPE



- 200 grams baking chocolate (unsweetened chocolate)
  - ½ teaspoon baking soda
  - 200 grams pitted dates (about 10 dates)
  - 3 eggs
  - ¼ cup coconut oil, melted
  - 1 tablespoon vanilla extract
1. In a food processor, pulse chocolate and baking soda until texture of coarse sand
  2. Pulse in dates, then eggs, coconut oil and vanilla
  3. Transfer batter into a 20 x 20 centimeter baking dish
  4. Bake at 180°C/350°F for 26-30 minutes
  5. Cool for 1 hour
  6. Serve

## BE SAFE IN THE SUN

Summer time is approaching fast and it is important to keep yourself sun safe. We want you to have fun in the sun while at the same time keeping healthy and well. The sun is strongest between March and October, 11am to 3pm. Here are some tips for you to keep healthy:

Apply sun cream liberally and regularly and after being in water (at least SPF 15 and 4\* rating, the higher the number the more protection). Check the expiry date on your sun cream.

Wear a wide brimmed hat and sunglasses.

Keep covered up with clothing.

Stay in the shade at the hottest parts of the day.

Drink plenty of water.

If you do get sun burn you can use paracetamol or Ibuprofen to ease the pain. Sponge the skin with cool water then apply aftersun. Stay out of the sun until redness disappears.

**Signs of heat exhaustion** include faintness, dizziness, palpitations, nausea, headaches, low blood pressure, tiredness, confusion, loss of appetite and hallucinations.

### What should I do if someone has signs of heat exhaustion?

Get them to rest in a cool place – ideally a room with air conditioning. Give them plenty of water. Avoid alcohol or caffeine, as this can increase dehydration. Cool their skin with cold water. Use a shower or cool bath to cool them down or, if this is not possible, wet flannels and face cloths in water and apply to their skin. Loosen any unnecessary clothing and make sure that the person gets plenty of ventilation. Monitor their condition closely. If you are at all concerned seek medical attention.



### CARE LEAVERS

#### Princes Trust Hub

As part of my role as a Care Leaver Nurse I have started a drop in clinic at the Princes Trust at Dockside Chatham. This runs every Monday from 11.00 a.m. to 14.30 p.m. The hub has been set up for Care Leavers to access support and advice which includes health. The sessions give Care Leavers the opportunity to meet with the Care Leavers Nurse. Young people can access and discuss sexual health, contraception advice, healthy lifestyles and the chance to be weighed if they want and for their weight to be monitored, advice about accessing other health services and general health advice.

***Care Leavers please feel free to come along!***

*Natalie Powling, Care Leavers Nurse*

#### Useful Telephone Numbers:

##### Looked After Children's Health Team:

01634 838906

##### Medway Maritime Hospital

01634 830000

##### Medway's Children's Social Care Service:

##### Children's Advice and Duty Service

01634 334468

##### Children's Social Care Service

01634 333333

##### Urgent NHS Service: 111

##### Emergency Service: 999

##### Child Line: 0800 1111

##### GUM Clinic: 01622 225659

##### Dental Line: 01634 890300

##### Child Sexual Exploitation (CSE)

##### Helpline # saysomething / call or text

116000—24/7