



Leicester
City Council

Preparing for Adulthood

Health

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Preparing for Adulthood – Health

This guide is for young people, aged 14 -25 with special education needs and disabilities (SEND) More information is available on the [Local Offer Preparing for Adulthood](#) pages

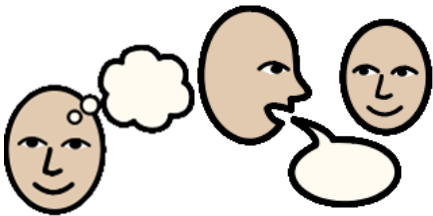
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|---|--|
|  | <p>Preparing for adulthood is important.</p> |
|  | <p>It is important to start planning early.</p> |
|  | <p>It is important to talk to others who can help.</p> |
|  | <p>These can be friends and family.</p> |
|  | <p>School teachers and support workers/ Professionals.</p> |
|  | <p>Finding out about services who can help.</p> |



Plan and set goals.



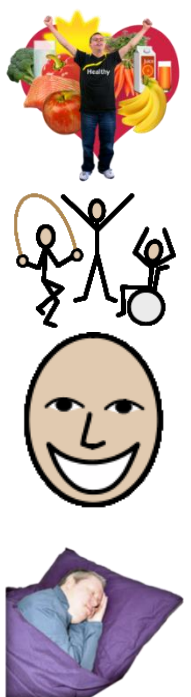
It is important to let people know your views.





Think about how you will share your views.



Years 9 – 11 (aged 13 – 16)

It is important to know how to stay healthy.





| | |
|---|---|
|  | <p>What to <u>eat</u> and drink.</p> <p>How to <u>exercise</u>.</p> <p>How to stay <u>happy</u>.</p> <p>Get enough sleep.</p> |
|---|---|

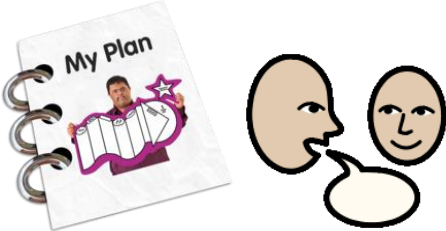

It is important to know where to go for help when poorly.

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|  | <p>In an emergency call 999 or go to A and E.</p> |
|  | <p>Call 111 if it is not an emergency but you need help now.</p> |

| | |
|--|--|
|  <p>Dentist</p> <p>Pharmacy</p> <p>GP Surgery</p> | <p>If you feel poorly a Dentist, Pharmacist or a GP may be able to help.</p> |
|  | <p>Information about health is available online.</p> |

Things to think about

| | |
|---|---|
|  | <p>Learn to make appointments for dentist, GP and optician.</p> |
|  | <p>Find out if you should have an Annual Health Check with the GP.</p> |
|  | <p>Think about if you need help from the health transitions worker.</p> |
|  | <p>Think about which Health services you will need in the future.</p> |

| | |
|---|--|
|  | <p>If you have an Education, Health and Care plan, talk about your health at your annual review meeting.</p> |
|  | <p>Find out if you are able to receive a personal health budget.</p> |




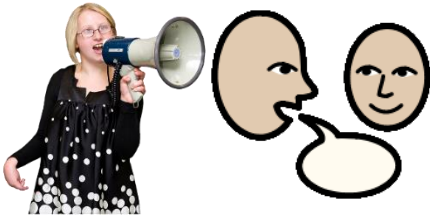
Who can help

| | |
|---|--|
|  | <p>Family and Professionals working with you.</p> |
|  | <p>Health for Teens The Health for Teens website gives you a lot of advice on feelings, growing up, relationships, lifestyle and sexual health.</p> |
|  | <p>Disabled Children's Register and the Free Carers Pass. Children between the age of 0-19 can have a free swim pass to use at a city council leisure centre if they agree to have their information kept on a Disabled Children Register.</p> |
|  | <p>Change4Life provides information on healthy foods and unhealthy food. It also offers some great recipe advice</p> |

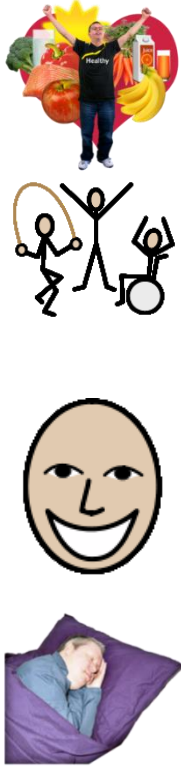



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|  <p>NHS Leicestershire Partnership NHS Trust</p> | <p>Leicestershire Partnership Trust Health Services available in the community for children and adults can be accessed through the Leicestershire Partnership Trust.</p> |
|  <p>Leicester's SEND Local Offer</p> | <p>Local Offer Leicester shares information on processes and services that support children and young people up to the age of 25.</p> |
|  <p>SENDIASS LEICESTER</p> | <p>SENDIASS can help you to understand information and share your views.</p> |

Years 12 – 14 (aged 16 – 19)

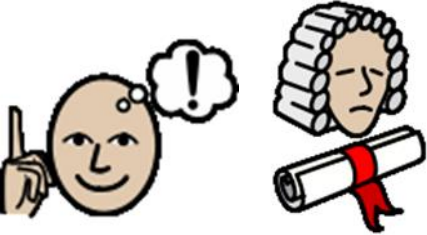



Review your progress

| | |
|---|--|
|  | <p>What is working well?</p> |
|  | <p>Have you learnt new things?</p> |
|  | <p>Have you been involved in the planning for your future?</p> |
|  | <p>Have you been able to share your views or do you need help?</p> |

Continue with learning to

| | |
|---|---|
|  | <p>Eat and drink well.</p> <p>Take part in exercise.</p> <p>Do things to stay happy.</p> <p>Get enough sleep.</p> |
|  | <p>Attend Optician and Dental appointments.</p> |
|  | <p>Attend Annual Health Check for learning disabilities with the GP.</p> |
|  | <p>Attend Health Care Reviews.</p> |

Things to think about for the future

| | |
|---|--|
|  | <p>Do you understand the changes in law and how they affect you at 18?</p> |
|  | <p>Do you understand what the differences are between children's and adult services?</p> |
|  | <p>Ask people working with you to explain changes in services.</p> |
|  | <p>Find out which health services will carry on supporting you.</p> |
|  | <p>Between the ages of 16 and 19 years, you will start receiving support from adult health services.</p> |



A [health transitions](#) worker may support you when moving from children to adult health services.



Check if you can get help to pay for [prescriptions](#) and [health care costs](#).

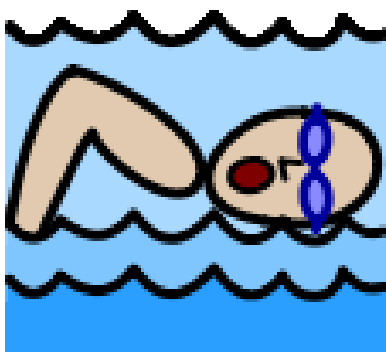
Who can help



Family and Professionals working with you.



Leicester City Council has an [Active Leicester](#) team that looks after all of the council's sport services in the city. There are 7 leisure centres across the city.




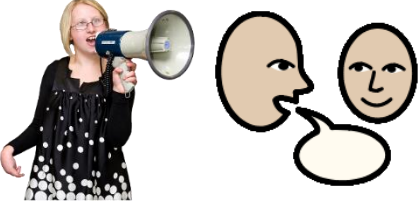


Disabled Children's Register and the Free Carers Pass
Children between the age of 0-19 can have a free swim pass to use at a city council leisure centre if they agree to have their information kept on a [Disabled Children Register](#).

| | |
|---|--|
|  | <p>Change4Life provides information on healthy foods and unhealthy food. It also offers some great recipe advice.</p> |
|  | <p>Leicestershire Partnership Trust Health Services available in the community for children and adults can be accessed through the Leicestershire Partnership Trust.</p> |
|  | <p>Local Offer Leicester shares information on processes and services that support children and young people up to the age of 25.</p> |

Post 19

Review your progress

| | |
|---|--|
|  | <p>What is working well?</p> |
|  | <p>Have you learnt new things?</p> |
|  | <p>Have you been involved in the planning for your future?</p> |
|  | <p>Have you been able to share your views or do you need help?</p> |




Things to think about

| | |
|--|--|
|  <p>The image contains four illustrations: a person holding a large basket of fresh fruits and vegetables; two stick figures, one jumping rope and one on a bicycle; a simple line drawing of a smiling face; and a person sleeping peacefully in a bed under a purple blanket.</p> | <p><u>Eat</u> and drink well. Take part in <u>exercise</u>.</p> <p>Do things to stay <u>happy</u>. Get enough sleep.</p> |
|  <p>A photograph showing a male doctor in a light blue shirt sitting on a blue chair, talking to a female patient in a red top who is sitting at a desk.</p> | <p>Attend <u>Optician</u> and <u>Dental</u> appointments.</p> |
|  <p>A photograph of a woman in a dark blue suit pointing to a white sign that reads 'NHS Learning Disability register' with a list of three items below it.</p> | <p>Attend <u>Annual Health Check</u> for learning disabilities with the GP.</p> |
|  <p>The image shows a thinking person icon with a checkmark in a thought bubble, a central figure of a woman in a black dress, and several circular icons around her representing different professional roles like a doctor, a pharmacist, and a social worker.</p> | <p>Are the right professionals supporting you?</p> |
|  <p>A photograph of a pharmacist in a white coat standing behind a pharmacy counter, talking to a customer.</p> | <p>Check if you can get help to pay for <u>prescriptions</u> and <u>health care costs</u>.</p> |

Who can help

| | |
|---|--|
|  | <p>Family and Professionals working with you.</p> |
|  | <p>Leicester City Council has an Active Leicester team that looks after all of the council's sport services in the city.</p> |
|  | <p>Change4Life provides information on healthy foods and unhealthy food. It also offers some great recipe advice.</p> |
|  | <p>Leicestershire Partnership Trust Health Services available in the community for children and adults can be accessed through the Leicestershire Partnership Trust.</p> |
|  | <p>Local Offer Leicester shares information about processes and services that support children and young people up to the age of 25.</p> |
|  | <p>The Big Mouth Forum is a consultation group for people with disabilities they can help you to have a say in the way you receive your support and how you think services should be better.</p> |
|  | <p>The Health for Teens website gives you a lot of advice on feelings, growing up, relationships, lifestyle and sexual health.</p> |

Next steps

| | |
|---|---|
|  | <p>Check which health professional will carry on working with you.</p> |
|  | <p>Agree how your health professional will communicate and support you.</p> |
|  | <p>Plan how you will continue to look after your health.</p> |

Useful information and Contact details

Adult Social Care

<https://www.leicester.gov.uk/health-and-social-care/adult-social-care/>

<https://www.leicester.gov.uk/health-and-social-care/adult-social-care/what-support-do-you-need/preparing-for-adulthood/>

Age UK

Lansdowne House, 113 Princess Road East, Leicester, LE1 7LA

0116 299 2233

https://www.ageuk.org.uk/leics/?gclid=EAlaIQobChMIjoDHrof86QIVRrDtCh3Zsw1sEAAYASAAEgIcDvD_BwE

Big Mouth Forum

0116 454 4710

www.bigmouthforum.co.uk

Citizens Advice Bureau

York House, Granby Street, Leicester, LE1 6FB

0300 330 1025

<https://citizensadviceleicestershire.org/get-advice/leicester-city/>

City Psychology Service,

New Parks House, Pindar Road, Leicester LE3 9RN

0116 454 5470

<https://families.leicester.gov.uk/send-local-offer/search-for-services/local-authority-services/city-psychology-service/>

Connexions,

2 Wellington Street, Leicester, LE1 6HL

0116 454 1770

<https://www.leicesteremploymenthub.co.uk/job-seekers/connexions-for-young-people/>

Department of Work and Pensions

<https://www.gov.uk/contact-jobcentre-plus>

<https://www.gov.uk/contact-pension-service>

Family information Service,

<https://families.leicester.gov.uk/>

Flat 108,

The Y, 7 East Street, Leicester, LE1 6EY

0116 204 6204

<https://www.leicesterymca.co.uk/youth-community/our-work/young-people-with-disabilities/>

Health,

Leicester Partnership NHS Trust

<https://www.leicspart.nhs.uk/>

<https://www.leicspart.nhs.uk/services/>

University Hospitals of Leicester

<https://www.leicestershospitals.nhs.uk/>

Leicester City Clinical Commissioning Group (CCG)

<https://www.leicestercityccg.nhs.uk/>

Public Health

<https://www.leicester.gov.uk/health-and-social-care/public-health/>

Housing

<https://www.leicester.gov.uk/your-community/housing>

Leicester Adult Education College,

54 Belvoir Street, Leicester, LE1 6QL

0116 454 1900

<https://www.leicester.gov.uk/schools-and-learning/adult-skills-and-learning/>

Leicester City Parent Carer Forum

07723 801676

<https://www.lcpcf.net>

Leicestershire Cares

42 Tower Street, Leicester, LE1 6WT

0116 275 6490

<https://www.leicestershirecares.co.uk>

Local Offer

<https://families.leicester.gov.uk/send-local-offer/>

Menphys

The Menphys Hub, Bassett Centre, Bassett Street, South Wigston, Leicester, LE18 4PE

01455 324020

<https://www.menphys.org.uk/>

Money Matters

<http://moneymattersweb.co.uk/>

National Citizen Service

Leicestershire Education Business Company, 30 Frog Island, Leicester, LE3 5AG

0116 240 7007

<https://www.leics-ebc.org.uk/young-people-parents-and-guardians/national-citizen-service>

Princes Trust

6 Faraday Court, Leicester, LE2 0JN

0800 842 842

<https://www.princes-trust.org.uk>

SEND Support Services,

New Parks House, Pindar Road, Leicester, LE3 9RN

0116 454 4650

<https://families.leicester.gov.uk/send-local-offer/search-for-services/local-authority-services/learning-communication-and-interaction-team/>

Short Breaks

<https://families.leicester.gov.uk/disabled-childrens-service/short-breaks/>

Special Education Needs and Disability Information Advice Support Service (SENDIASS),

1st Floor Alliance Building, 6 Bishop Street, Leicester, LE1 6AF

0116 482 0870

<https://sendiassleicester.org.uk>



Sendiass Leicester



Sendiassl

The Carers Centre

Unit 19, 4th Floor, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL

0116 251 0999

Notes

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Questions

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