



Leicester  
City Council

# **Preparing for Adulthood**

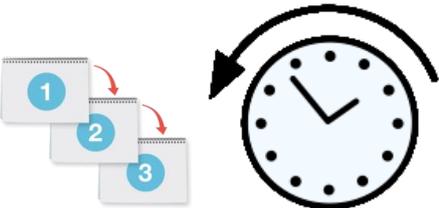
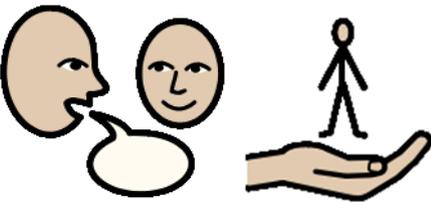
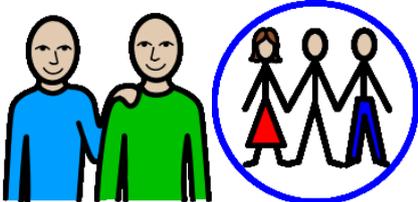
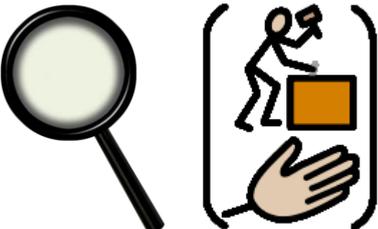
**Health**

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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

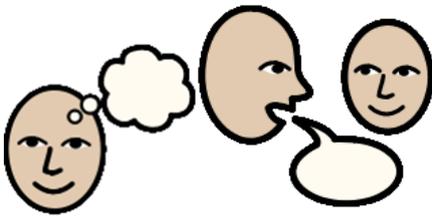
	<p>Preparing for adulthood is important.</p>
	<p>It is important to start planning early.</p>
	<p>It is important to talk to others who can help.</p>
	<p>These can be friends and family.</p>
	<p>School teachers and support workers/ Professionals.</p>
	<p>Finding out about services who can help.</p>



Plan and set goals.



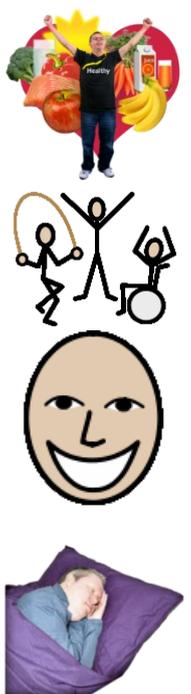
It is important to let people know your views.



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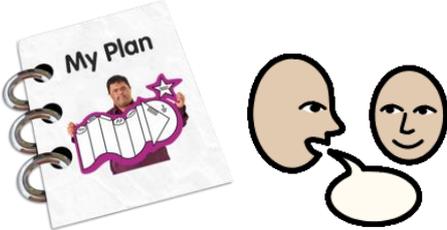
It is important to know where to go for help when poorly.

	<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>

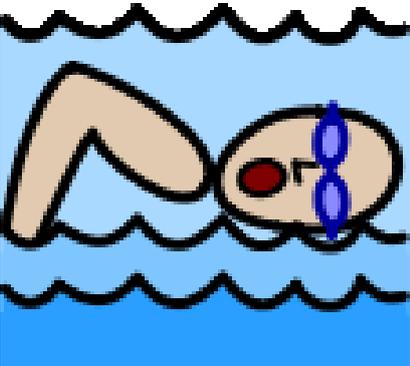
 <p>Dentist</p> <p>Pharmacy</p> <p>GP Surgery</p>	<p>If you feel poorly a Dentist, Pharmacist or a GP may be able to help.</p>
	<p>Information about health is available online.</p>

**Things to think about**

	<p>Learn to make appointments for <a href="#">dentist</a>, GP and <a href="#">optician</a>.</p>
	<p>Find out if you should have an <a href="#">Annual Health Check</a> with the GP.</p>
	<p>Think about if you need help from the <a href="#">health transitions</a> 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 <a href="#">personal health budget</a>.</p>

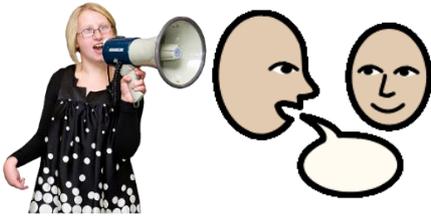
### Who can help

	<p>Family and Professionals working with you.</p>
	<p><b>Health for Teens</b> The <a href="#">Health for Teens</a> 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 <a href="#">Disabled Children Register</a>.</p>
	<p><a href="#">Change4Life</a> provides information on healthy foods and unhealthy food. It also offers some great recipe advice</p>

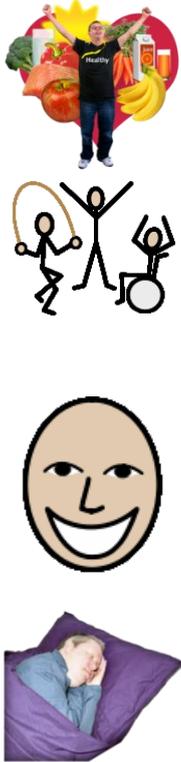
 <p><b>NHS</b> Leicestershire Partnership NHS Trust</p>	<p>Leicestershire Partnership Trust Health Services available in the community for children and adults can be accessed through the <a href="#">Leicestershire Partnership Trust</a>.</p>
 <p>Leicester's <b>SEND</b> Local Offer</p>	<p><a href="#">Local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

Years 12 – 14 (aged 16 – 19)

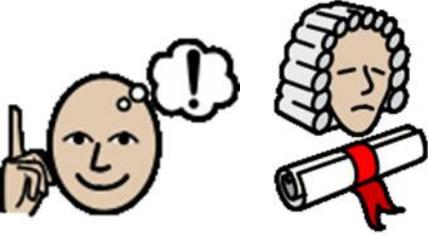
**Review your progress**

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

## Things to think about for the future

 An illustration showing a person's head with a thought bubble containing an exclamation mark, pointing upwards. To the right is a judge wearing a black wig and holding a rolled-up scroll tied with a red ribbon.	<p>Do you understand the changes in law and how they affect you at 18?</p>
 An illustration of a hand holding a small child figure. To the right, a larger adult figure is holding a smaller child figure.	<p>Do you understand what the differences are between children's and adult services?</p>
 An illustration of two people's heads in profile, one speaking into a speech bubble. To the right, a woman in a black uniform stands in the center, surrounded by several circular icons representing different services like a hospital, a car, and a person.	<p>Ask people working with you to explain changes in services.</p>
 An illustration featuring a red mouth with a question mark in a speech bubble above it, and a magnifying glass to the right. Below these is the same woman in a black uniform surrounded by service icons as in the previous row.	<p>Find out which health services will carry on supporting you.</p>
 An illustration of three stick figures of increasing size. To the right, a person is pointing to a blue sign with white text and arrows. The sign lists: 'Pain Relief Clinic', 'Clinic A', 'Clinic B', 'Diabetes Specialist', and 'Podiatry'. A 'Short Stay Unit' is also indicated.	<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](#).

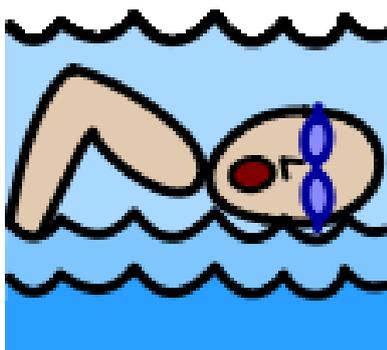
## Who can help



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.



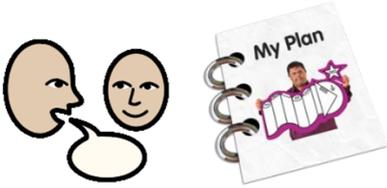
Disabled Children's Register and the Free Carers Pass

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><a href="#">Change4Life</a> 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 <a href="#">Leicestershire Partnership Trust</a>.</p>
	<p><a href="#">Local Offer Leicester</a> 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><a href="#">Eat</a> and drink well. Take part in <a href="#">exercise</a>.</p> <p>Do things to stay <a href="#">happy</a>. Get enough sleep.</p>
	<p>Attend <a href="#">Optician</a> and <a href="#">Dental</a> appointments.</p>
	<p>Attend <a href="#">Annual Health Check</a> for learning disabilities with the GP.</p>
	<p>Are the right professionals supporting you?</p>
	<p>Check if you can get help to pay for <a href="#">prescriptions</a> and <a href="#">health care costs</a>.</p>

## Who can help

	<p>Family and Professionals working with you.</p>
	<p>Leicester City Council has an <a href="#">Active Leicester</a> team that looks after all of the council's sport services in the city.</p>
	<p><a href="#">Change4Life</a> 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 <a href="#">Leicestershire Partnership Trust</a>.</p>
	<p><a href="#">Local Offer Leicester</a> shares information about processes and services that support children and young people up to the age of 25.</p>
	<p>The <a href="#">Big Mouth Forum</a> 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 <a href="#">Health for Teens</a> 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](https://www.ageuk.org.uk/leics/?gclid=EAlaIQobChMIjoDHrof86QIVRrDtCh3Zsw1sEAAYASAAEgIcDvD_BwE)

### **Big Mouth Forum**

0116 454 4710

[www.bigmouthforum.co.uk](http://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),**

1<sup>st</sup> Floor Alliance Building, 6 Bishop Street, Leicester, LE1 6AF

0116 482 0870

<https://sendiassleicester.org.uk>



Sendiass Leicester



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## **The Carers Centre**

Unit 19, 4<sup>th</sup> Floor, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL

0116 251 0999

## Notes

Please use this blank page to make your notes.

## Questions

Please use this blank page to write down any questions.