

There are a wide range of services available through the NHS to support people's health care and help them to live a healthy life; these are call universal services and are available to everyone, some examples are provided below.

## Visiting your GP

You can ask for a double appointment when booking an appointment, this means there is extra time for any examination and to understand what the GP is saying.

If the Young Person you care for has a learning disability, check that they are included on the GP register of learning disability. This means they should automatically be called for an annual health check from the age of 14.

An annual health check can help you stay well by talking to a doctor or nurse about your health and finding any problems early, so they can be sorted out.



You do not have to be ill to have a health check – in fact, most people have their annual health check when they are feeling well.

If you are worried about seeing a doctor, or there is anything they can do to make your appointment better, let the doctor or nurse know.

They can make changes to help you. These are called reasonable adjustments.

## Being healthy

Physical and mental health is extremely important for quality of life. Better health is central to happiness and wellbeing. Easy health has great information regarding food and exercise [www.easyhealth.org.uk](http://www.easyhealth.org.uk)

[easyhealth.org.uk](http://easyhealth.org.uk)

## Bury Live Well Service

Bury Live Well Service is a free service for all Bury residents, those who work in Bury or are registered with a Bury GP.

The service offers range of health and wellbeing support, advice on a range of day-to-day lifestyle issues areas such as stopping smoking, weight management and support around food, nutrition and healthy eating, increasing physical activity, reducing salt, sugar and caffeine, oral health and alcohol awareness.



Contact them today to find out more or book an appointment. Telephone: 0161 253 7575 or email: [livewell@bury.gov.uk](mailto:livewell@bury.gov.uk)

## Children and Young People Support

There are lots of organisations that offer mental health support locally. You might need different types of support at different times in your life. Sometimes it might just be about getting a bit of advice or sometimes problems are more serious or don't get better with self-help.

When children and young people need help, we want them to find it easily, for it to meet their needs, be delivered by people who care and for services to listen to their views.

We talk about young people THRIVING – and support is in place in whatever way you need to enable you to thrive- whether that is about getting advice, needing someone to talk to, getting more help or if services need to come together to prevent crisis.

The NHS has produced a number of Padlet's which detail a range of support that is available. Some of the services listed can be accessed by anyone at anytime whilst others will require a referral from a health professional.

[Thriving in Bury for Parents & Carers \(padlet.com\)](https://padlet.com)

[Thriving in Bury for Children and Young People \(padlet.com\)](https://padlet.com)



There is a range of online advice and support that is available, click on the links below to find out more:

[My Neurodiversity support padlet](#)

[Supporting Your Neurodiverse Child padlet](#)

[Epic Autism Resources \(padlet.com\)](#)

[Sensory Processing Differences Support Padlet](#)

[Bury - 0-5 Speech, Language and Communication  
Pathway- EY Professional version \(padlet.com\)](#)

[Home page | ADHD and You](#)

## NHS Continuing Health Care

Dependent upon the types of needs you have, and how those needs are to be met to achieve the best outcomes, the NHS can support you with any health-related needs. To be eligible, you will need an assessment of your NHS Continuing Health Care needs. A nurse will do an assessment to see what kind of help you need. This nurse will talk to you, your parents, and the people who take care of your health.



It is good to do this assessment before you turn 18. If you are already getting help from Continuing Care, the assessment should be done around your 17th birthday. This way, we can make sure you get the help you need as an adult.

Your social worker will start by filling out a form called the 'Continuing Healthcare Checklist'. After that, the health service will help with the rest of the process, but your social worker will still be involved. Based on the results, when you become an adult, you might get care from the NHS, the Local Authority, or both.

This eligibility is reviewed on a regular basis as your needs can change. Eligibility is not based on diagnosis alone, but the needs that arise from it. Depending on your needs, support might come from the Council, the NHS, or both.

## Transitioning from Childrens to Adults Services

Transitioning between different health and care services can be confusing, especially when moving from children's services to adult services. It's important to find ways to support you during these changes to ensure you feel comfortable and safe. Additionally, looking after your well-being throughout these transitions is essential for promoting a smooth and positive experience.

Your parents and carers should start talking to your health provider about the move to adult services. From around age 14, they can explain how this transition works and provide contact details for the adult service team. This way, when the time comes, you will know what to expect and who to talk to if you need help.