



# Health and wellbeing

## Being healthy is important.

Below is the support available to you.

- We will support you to register with a Doctor, Dentist and Optician.
- We can provide you with up to date information on nearby health services.
- C Cards can be used at Pathways to access free condoms, pregnancy and chlamydia testing and support to explore contraception options available for you (including support to make appointments with sexual health clinics).
- A Specialist Nurse for children in our care is based at Pathways. They can offer additional health information, and advice if needed and can complete basic health checks.
- Our Specialist Nurse for children in our care will provide you with the Health Passport which provides information on your health history, immunisations and useful health contact numbers.
- Support will be offered to apply for reduced prescription costs (NHS Low Income Scheme) where needed.
- Change Grow Live have made a commitment to Care Leavers by allowing young people open to Pathways to access substance misuse recovery and support via their Young Person's service until age 25 in Middlesbrough.
- Advice and guidance on sexuality and Lesbian, Gay, Bisexual & Transgender (LGBT+) support services.
- Access to healthy eating advice and guidance via one to one sessions or group work (Fresh Start).
- A Pledge Card which provides Care Leavers with free access to Middlesbrough Council Leisure facilities, including gym, swimming and exercise classes. The Pledge card also allows you to take a friend for free.