

# HELPFUL INFORMATION FOR UNACCOMPANIED ASYLUM SEEKING CHILDREN AND YOUNG PEOPLE IN BIRMINGHAM AND SOLIHULL

The services listed in this leaflet have been identified by health professionals to help you.

These services are separate from the Home Office. You can use choose to use them, they won't affect your immigration status or application.

## 1 SIGN UP TO A GP PRACTICE

ALL Unaccompanied Asylum Seeking children/young people are eligible to register with a GP Practice.

### How to sign up:

1.

With the help of your Social Worker or Support Worker, find a GP practice.

2.

Type in your postcode to find a list of GP Practices near to where you are staying.

3.

Follow the instructions and complete the online form.

4.

There may be a delay before you are fully registered so if you need any medical advice contact your Social Worker or Support Worker.

5.

For health emergency, ask to be taken to the nearest Accident and Emergency Department.

Find a GP  
Practice...



## 2 DENTIST

Service is subject to available appointments  
(Walk in service unavailable )

WardEnd Dental Practice

Partnership  
(Birmingham)  
0121 327 0578



Newtown Dental Practice  
(Birmingham)  
0121 554 3406

Lozells Dental Practice  
(Birmingham and  
Solihull)  
0121 554 2314

Lansdown Dental Practice  
(Birmingham)  
0121 770 8090

Green Lane Dental  
(Birmingham)  
0121 766 6082

Find a Dentist  
Practice...



## 3 INITIAL HEALTH ASSESSMENT

If you cannot speak English very well, an interpreter will be arranged for you.

1.

The doctor will check if you have any health concerns that you wish to discuss. You will also be asked questions about your health, including how you are feeling.

2.

Your height, weight, hearing and vision will be checked. The doctor may look at your skin and listen to your heart and lungs. Don't worry, you are in safe hands!

3.

After the health assessment, the doctor will write up a report and health plan. This will recommend things that needs to done to keep you healthy

If you are confused, It's okay! the doctors and nurses are happy to answer your questions.

## 5 SLEEP



The hardship and trauma experienced on your journey to the UK can cause adverse effect on your sleep pattern.

### (TIPS TO HELP YOU SLEEP)

- ◆ Deep breathing exercises
- ◆ Meditation and Mindfulness
- ◆ Warm bath/shower before bed

### (IMPORTANCE OF SLEEP)

- ◆ Sleep is a single contributor to better health and wellbeing!
- ◆ Sleep can give you more energy, reduce stress and improve your mood!

## 4 FEELING SAFE

### SUPPORT FOR LONELINESS

Karis Neighbour Scheme Befriending & Emotional support.  
<https://www.karisneighbourscheme.org/>

Birch advocacy and befriending service  
<https://birchnetwork.org/family-befriending/>



### PERIOD POVERTY

The Red Box Project is a national charity providing free menstrual products for young people in schools.

The Red Box Project is active in Birmingham Central, Birmingham South West, Great Barr and Sutton Coldfield



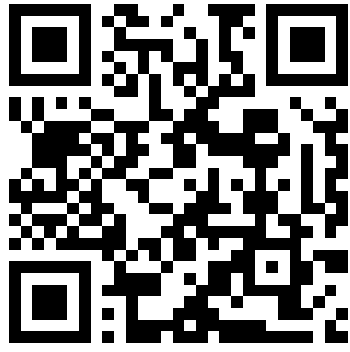
The Red Box Project

([www.redboxproject.org](http://www.redboxproject.org))

# HELPFUL SERVICES



Sexual Health



Red Cross  
Family Tracing  
Service




Entraide  
Mutual Aid



Umbrella Service  
Postcode Locator



 Guide to  
Claiming  
Asylum



Asylum  
Support in  
Birmingham



Mental  
Health  
Services



Resources for  
Learning  
English



Coping with scary  
and distressing  
memories | UK  
Trauma Council



Support for  
Victims of  
Abuse



Asylum  
Support in  
Solihull



Refugee/Asylum  
Seekers  
Services



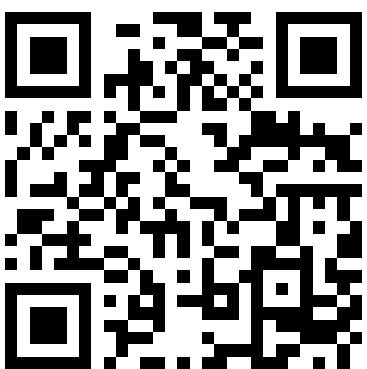
your guide to  
the  
NRM

Identifying  
victims of human  
trafficking and  
modern slavery



hope  
projects

Housing, Crisis  
Grants and Legal  
Advice for  
Homeless Asylum  
Seekers in the  
West Midlands



Legal  
Information  
Who is Who



English, support  
& curriculum



Click Register  
Enter product code:  
bmbsgjdej



Asylum process MAP



If you have questions, please call:

Birmingham Children in Care Nursing Team: 0121 466 3648

Solihull Children in Care Nursing Team: 0121 295 3010

