

## **Caring about health: Improving the health of looked after and accommodated children in Scotland. An A-Z health resource pack for staff and carers.**

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Edinburgh, NHS Health Scotland, 2009. 275pp,  
ISBN: 1-84485-395-0

This national resource pack has been published by NHS Health Scotland. The main aim of the pack is to support those caring for looked after and accommodated children in residential and foster care settings throughout Scotland. Presented in A-Z format (in 10 segments), the pack provides easy access to health information, sources of help and advice, and relevant websites. It also advocates a wider, more holistic approach to health. The pack includes medically related information on subjects such as diabetes, epilepsy and immunisation, as well as health promotion information on topics such as healthy eating, substance misuse and mental health. Ann Wilson, who wrote so eloquently in this journal about children who are ill, said

*Caring About Health: An A-Z health resource pack for staff and carers* includes all the information you need to know to help the young person in your care from teen pregnancy to severe asthma to who to turn to when immunisations are lagging behind and the young person has a needle phobia !

First published in 2008 it has been reproduced with updates for 2009 and is available free at [www.healthscotland.com/documents/2437.aspx](http://www.healthscotland.com/documents/2437.aspx). I think that there is a need for straightforward, understandable advice on health matters. In terms of residential child care, that advice should also be specific to our children and young people. That is why I like this pack so much. It is accessible, relevant and free. Need I say any more ? If you have not yet downloaded this pack, you should do so now, or save it onto your desktop for some excellent help and advice in this area.

Irene Stevens  
Co-editor  
SJRCC