

## Immunisations

A guide to understanding what immunisations are recommended in the UK and why they are important [www.nhs.uk/conditions/vaccinations/](http://www.nhs.uk/conditions/vaccinations/)

Some young people are at high risk of developing specific infections and may be advised to have additional immunisations

[www.nhs.uk/conditions/hepatitis-b](http://www.nhs.uk/conditions/hepatitis-b)

[www.nhs.uk/conditions/hepatitis-c](http://www.nhs.uk/conditions/hepatitis-c)

## Self-Examination

Self check guidance for early identification of abnormal changes to testicles or breasts

[www.nhs.uk/common-health-questions/mens-health/what-should-my-testicles-look-and-feel-like](http://www.nhs.uk/common-health-questions/mens-health/what-should-my-testicles-look-and-feel-like) or

[www.nhs.uk/common-health-questions/womens-health/how-should-i-check-my-breasts](http://www.nhs.uk/common-health-questions/womens-health/how-should-i-check-my-breasts)

## Notes

## Phoenix Team

Address - East Oxford Health Centre,  
2 Manzil Way, Cowley, Oxford, OX4 1GE

Telephone - 01865 904331

Operational Manager - Kathryn Tolson

Email - [Kathryn.tolson@oxfordhealth.nhs.uk](mailto:Kathryn.tolson@oxfordhealth.nhs.uk)

## Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: [EqualityandInclusion@oxfordhealth.nhs.uk](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

أرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে Bengali পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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Trust Headquarters  
Littlemore Mental Health Centre  
Sandford Road  
Littlemore  
Oxford  
OX4 4XN

Switchboard: 01865 901 000  
Email: [enquiries@oxfordhealth.nhs.uk](mailto:enquiries@oxfordhealth.nhs.uk)  
Website: [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)

Become a member of our Foundation Trust  
[www.ohftnhs.uk/membership](http://www.ohftnhs.uk/membership)



Phoenix Team

Resources for Supporting  
Health and Wellbeing.

Teen upwards

There is a lot of information available to support health and wellbeing and it can be confusing to know which websites to look at. The Phoenix Team have collated some suggestions which we hope will support young people to achieve a healthy lifestyle.

Further information about our service, live links and additional resources are available on our website [www.oxfordhealth.nhs.uk/service\\_description/phoenix-team/](http://www.oxfordhealth.nhs.uk/service_description/phoenix-team/)



## Emotional Wellbeing & Sleep

A range of resources recommended to support emotional health  
[www.oxfordhealth.nhs.uk/camhs/wellbeing/](http://www.oxfordhealth.nhs.uk/camhs/wellbeing/)

Self-help guidance for common emotional health difficulties [www.youngminds.org.uk/](http://www.youngminds.org.uk/) and [www.mind.org.uk](http://www.mind.org.uk)

Information on creating bedtime routines, diet and activity to support healthy sleep  
[www.thesleepcharity.org.uk](http://www.thesleepcharity.org.uk)

Guidance about keeping young people safe online  
[CEOP Education](http://CEOP Education)

## Healthy Eating

Easy ideas for families to eat well and move more  
[www.nhs.uk/healthier-families/](http://www.nhs.uk/healthier-families/)

## Bowel and Bladder issues

The children's Bowel & Bladder Charity ERIC have resources for managing constipation, soiling, day time wetting & enuresis (bed wetting)  
[www.eric.org.uk](http://www.eric.org.uk)



## General health information

Search by topic [www.nhs.uk](http://www.nhs.uk)

Health advice by symptom [www.111.nhs.uk](http://www.111.nhs.uk)

Advice to manage common childhood conditions  
[www.what0-18.nhs.uk/parents/carers/worried-your-child-unwell](http://www.what0-18.nhs.uk/parents/carers/worried-your-child-unwell)

## Drug & Alcohol Services

A specialist service for young people who use substances or are impacted by others drugs or alcohol use [Oxfordshire Here4YOUth - Cranstoun](http://Oxfordshire Here4YOUth - Cranstoun)

Friendly, confidential drug advice.  
[www.talktofrank.com](http://www.talktofrank.com)

Support to stop smoking [www.stopforlifeoxon.org](http://www.stopforlifeoxon.org)



## Therapy Services

Speech & Language. Support for children with communication and language difficulties, advice on eating, drinking and swallowing difficulties  
[www.oxfordhealth.nhs.uk/cit/speech-language-therapy/](http://www.oxfordhealth.nhs.uk/cit/speech-language-therapy/)

Occupational Therapy. Information on a wide range of development & coordination issues  
[www.oxfordhealth.nhs.uk/cit/occupational-therapy/](http://www.oxfordhealth.nhs.uk/cit/occupational-therapy/)

Physiotherapy resources to help children move and function to the best of their ability  
[www.oxfordhealth.nhs.uk/cit/physiotherapy/](http://www.oxfordhealth.nhs.uk/cit/physiotherapy/)

## ASD (Autism Spectrum Disorder) & ADHD (Attention Deficit Hyperactivity Disorder)

National Autistic Society, a charity supporting children on the autistic spectrum  
[www.autism.org.uk](http://www.autism.org.uk)

Autism Family Support Oxfordshire  
[www.afso.org.uk/](http://www.afso.org.uk/)

Oxfordshire CAMHS have a range of resources to support children with eating, self-harm, school refusal and sleep  
[www.oxfordhealth.nhs.uk/camhs/self-care/asd/](http://www.oxfordhealth.nhs.uk/camhs/self-care/asd/)

CAMHS also have resources for ADHD  
[www.oxfordhealth.nhs.uk/camhs/self-care/adhd/](http://www.oxfordhealth.nhs.uk/camhs/self-care/adhd/)

## Dental Health

Information on how to find an NHS dentist near you  
[www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/](http://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/)



## Sexual Health and Relationships

An Oxfordshire young persons website with information about health, learning, lifestyle, opportunities, training and activities  
[www.oxme.info](http://www.oxme.info)

Oxfordshire clinics for contraception and sexual health screening  
[www.sexualhealthoxfordshire.nhs.uk/](http://www.sexualhealthoxfordshire.nhs.uk/)

Puberty, sexuality, gender identity and body changes  
[www.brook.org.uk/topics/my-body/](http://www.brook.org.uk/topics/my-body/)

Advice to keep children safe at home, school, on line, and support emotional health  
[www.nspcc.org.uk/keeping-children-safe/](http://www.nspcc.org.uk/keeping-children-safe/)