



Welcome to the CEW clinic

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We are here to help you live a happy and healthy life.

Meet the team!

You will meet lots of our team at your first appointment:

Doctors:

- Dr Billy White- Consultant and lead for the service
- Dr Laura Bosch – medical fellow

Clinical nurse specialist:

- Kelly Turner – Clinical Nurse Specialist

Dietitians:

- Emma Baty – Lead dietitian
- Christina Basta – Dietitian

Youth and Family Support Worker

- Katie Carr

Data and Admin Manager

- Valerie Sosso Moukouelle

Family therapist

- Claire Dempster (our mental health lead)

Preparing for your first appointment:

We have sent you a questionnaire. Please try to complete it at home and bring it to your appointment. We can help with this in clinic if you need help.

Plan ahead and think about how you will get there on time – bus/train/tube/walk? Katie can help you plan your journey, discuss refunds for the transport costs or help organise transport.

Please tell us if you need an interpreter.

Wear light and loose clothes. We will want to fully examine you so please bring clothes that are easy to remove. Tracksuits with loose t-shirts are good.

Please do not eat before your appointment. We will do some blood tests that need you to fast for 12 hours. You can drink water. Let us know if you need help with blood tests.

Bring a food for after your blood test. Also bring a bottle of water. There is a canteen and coffee shop onsite called **The Lagoon**.

Bring a list of your questions. We can answer them in clinic.

Set your alarm clock and get a good night sleep.

Your first appointment:

Your appointment will take place in the Cheetah Outpatients. This is next to the main reception desk at GOSH.

Getting to GOSH: follow this link: [Travelling to GOSH | Great Ormond Street Hospital](#)

We would like to meet the whole family at your first appointment. We will also spend some time alone with parents and young people.

Your initial appointment will be for half a day. This is because we want to make sure we have all the right information so that we can support you and your family .

Please be on time.

We will do a full health assessment. This will include:

- interview with a doctor and nurse.** They will ask you lots of questions about your health and previous treatments. Please bring old clinic letters, results and any medicine you are taking.
- physical assessment.** A doctor and nurse will examine your body including height, weight, waist circumference and blood pressure. We will look at your skin and check that growth and puberty are ok.
- blood test.** this will either be completed by a nurse in clinic, or you will be brought to Phlebotomy for this. Please tell us if you need extra help with blood tests.
- fitness test.** The nurse will measure how far you can walk in 6 minutes. Please wear clothes that make it easy to walk.

-questionnaires. We have sent you one already and we will collect it from you. We can help you fill in the form.

Find out your strengths and hobbies

-we want to know what you're good at and what you like to do. We want to help you develop your skills, hobbies and interests to help you become healthier.

Offer you the best treatments available:

-Research allows us to find new and better treatments for weight. All research is optional. We will let you know which research studies may be good for you

-our dietitian and family support worker will find out what support and treatments have been helpful before, and what hasn't been helpful. This helps us find the right treatment for you.

After your first appointment:

The team will contact you following your initial visit to discuss your support plan.

We can offer telephone, video, home and clinic appointments – working with whatever supports you best.

Please tell us quickly if you can't come

Please tell us if you can't come to clinic. If you do this quickly then we can give the appointment to someone else. You can use MyGOSH to cancel or call us :

- Valerie Sosso Moukouelle – 020 7405 9200 – Ext: 5027 or 07517498978 (Mon-Weds)
- Katie Carr – 07513702796 (Mon-Fri)
- If you are set up on MyGosh – you can cancel appointments through this

MyGOSH:

The MyGOSH portal enables children, young people and families to have access to specific parts of the electronic patient record at Great Ormond Street Hospital (GOSH). This means everyone can manage their health and care wherever they can get online.

MyGOSH will let you:

MyGOSH offers personalised and secure online access to your medical records. It enables you to manage and receive information about your health. With MyGOSH, you can:

- Ask for changes to medical appointments – such as cancelling or booking an appointment

- Look at the health summary – this is taken from your electronic patient record so is always up to date
- View test results and what they mean
- Ask for repeat prescriptions for medication that is only supplied by GOSH
- Communicate securely with the medical team

We have Wi-Fi

There is Wi-Fi in the hospital which you can log onto when you arrive. It is called **PUBLIC-Wi-Fi-GOSH**

Covid screening:

- You will not need a covid test before attending your appointment
- You may get a Covid-19 screening call from GOSH the day before your appointment
- Masks and hand sanitiser are available in the hospital

