**Health Spot, the new GP hub for young people has launched (virtually for now)!**

[Spotlight](https://wearespotlight.com/) is thrilled to announce that Health Spot: our new in-house GP surgery for young people, aged 11-19 (or up to 25 with SEND or other additional), has started digital provision.

As of 7th April 2020, this new service will be available every Tuesday, between 4-8pm. Young people will be able to have a 15-30 minute consultation with a GP, over the phone or via video, about any unmet health needs they may be experiencing. There is the option for this interaction to be supported by a trusted youth worker.

This adolescent GP hub is an innovative new version of “the extended hours service” delivered under [Tower Hamlets GP Care Group](https://www.gpcaregroup.org/section/387/Home). This model has been designed to remove the real or perceived barriers that young people (including those who experience additional life challenges) tell us they face. They can now more easily access timely health support. It is a joined up offer of integrated care: accessible in a setting where young people feel comfortable and safe, with the offer of the ongoing relational support of youth workers. Excitingly it strongly aligns with the public health duty to tackle serious youth violence.

Health Spot look forward to working collaboratively with other local services and building on the rich partnerships that Spotlight already has with organisations such as yourself.

At Health Spot, young people will be able to safely access confidential advice on all aspects of their physical and mental well-being, including mental health, sexual health and drug or alcohol misuse. The GPs will work in conjunction with the youth workers, Safe East and Docklands outreach who already work in house at Spotlight.

In addition the young people can access Spotlight’s incredibly rich Get Creative, Get Active and Get Inspired programme of activities. This ongoing program enables and equips the young people with innovative and creative ways to improve their health and wellbeing. <https://wearespotlight.com/>

Each step of the referral and consultation process will be supported by a trusted youth worker if the young person wishes, and is underpinned by Spotlight’s rigorous safeguarding procedure.

Young people do not need to be a Spotlight member, anyone aged 11-19 (or up to 25 with SEND) is invited to access this service. To learn more, including how to make a referral, please get in touch with Spotlight's Youth Work Manager, Khadija (khadija@wearespotlight.com) or Spotlight's Youth Worker, Treaser (treaser@wearespotlight.com).

This resource is intended for non-Covid-19 cases. Anyone who has suspected Covid-19 symptoms should follow government protocol and seek advice from [NHS 111 Online.](https://111.nhs.uk/covid-19/)

Visit the [Health Spot webpage.](https://wearespotlight.com/news/health-spot-has-landed/)