One sheet per role. The young person decides who gets one.

Each sheet holds only what that person needs to do their job. Hand over the sheet for their role and nothing else. The full record stays with the young person.

- The young person decides who gets a sheet. A parent may act for them when they agree.
- Write the date given and a review date on every sheet, and log it in the table below. That table is the paper version of the access log.
- Every line says where it came from. **Confirmed** means a clinician or the school signed it off. **Sam wrote this** means the young person did.
- Anything a professional might act on (allergies, medication, restrictions) carries a review date. Once it has passed, the line is out of date and the reader should check before acting.
- The account of what happened is a separate sheet (Sheet 12), given only to the people the young person has chosen. Every other sheet says so, so nobody needs to ask.
- When a sheet is no longer needed, ask for it back or for it to be destroyed, and note that in the table.
- This set is example data about a fictional young person. Replace it with the real record before any sheet is given out.

Who has a sheet

Fill a row each time a sheet is handed over. Keep this page with the full record.

SHEET	GIVEN TO (NAME)	GIVEN ON	REVIEW BY	RETURNED ON
1. Paramedic				
2. A&E doctor or nurse				
3. GP				
4. Pharmacist				
5. Physiotherapist				
6. CAMHS clinician				
7. School safeguarding lead				
8. SENCO or SEND caseworker				
9. Alternative provision lead or tutor				
10. PE teacher or sports coach				
11. Youth or family support worker				
12. Named recovery coordinator				
13. What happened, told once				
13. What happened, told once				

Paramedic

Sam Reid, 16 · Date of birth 2 June 2010 · NHS number 999 123 4567

Given by Sam on _____ · Review by _____ · Record THREAD-7K2M-QD4A

This sheet holds only what this role needs. A line whose review date has passed is out of date: check before acting on it.

In an emergency

Clinical lines here are read from the GP record when the code is scanned. Thread holds no copy.

ITEM	DETAIL	SOURCE	REVIEW BY
Emergency contacts	Sara Reid (mum) 07700 900123. Dev Reid (dad) 07700 900456. Call Sara first.	Sam wrote this	
Allergies	**Sesame: anaphylaxis in 2022. Carries an adrenaline auto-injector (300 micrograms); a second one is kept in the school office. No known drug allergies.**	Confirmed: GP record, confirmed 22 Sep 2026	22 Sep 2027
Current medication	**Paracetamol 1 g, up to four times a day. Ibuprofen 400 mg with food, up to three times a day. Adrenaline auto-injector 300 micrograms for the sesame allergy, carried at all times.**	Confirmed: GP record, from the clinic letter of 16 Oct 2026	14 Nov 2026
Alerts	**Titanium nail and two screws in the left thigh bone since 20 Sep 2026. Tell the radiographer before any MRI. Concussion on 19 Sep: headaches and tiredness continue. Sesame allergy, see above.**	Confirmed: GP record, from the discharge summary of 25 Sep 2026	14 Nov 2026

Hospital and treatment

ITEM	DETAIL	SOURCE	REVIEW BY
Injuries and surgery	Knocked off a bicycle by a car on 19 Sep 2026. Broken left thigh bone, fixed with a nail on 20 Sep. Broken right wrist, in a cast until 30 Oct. Concussion, nothing on the scan. Grazes down the left side, healed.	Confirmed: GP record, from the discharge summary of 25 Sep 2026	

Situations for your role

Allergic reaction HIGH

Sesame. Adrenaline auto-injector in the front pocket of the bag, a second in the school office. Use it first, then call 999. Then call Sara.

Collapses or is found unwell HIGH

Sesame allergy, auto-injector in the bag. Metal nail in the left thigh since 20 Sep. Concussion in September. Call Sara first.

Sam has written an account of what happened and chosen who can read it. It is not on this sheet, and you do not need to ask.

I have read this sheet. Name: _____ Registration: _____ Date: _____

A&E doctor or nurse

Sam Reid, 16 · Date of birth 2 June 2010 · NHS number 999 123 4567

Given by Sam on _____ · Review by _____ · Record THREAD-7K2M-QD4A

This sheet holds only what this role needs. A line whose review date has passed is out of date: check before acting on it.

In an emergency

Clinical lines here are read from the GP record when the code is scanned. Thread holds no copy.

ITEM	DETAIL	SOURCE	REVIEW BY
Emergency contacts	Sara Reid (mum) 07700 900123. Dev Reid (dad) 07700 900456. Call Sara first.	Sam wrote this	
Allergies	**Sesame: anaphylaxis in 2022. Carries an adrenaline auto-injector (300 micrograms); a second one is kept in the school office. No known drug allergies.**	Confirmed: GP record, confirmed 22 Sep 2026	22 Sep 2027
Current medication	**Paracetamol 1 g, up to four times a day. Ibuprofen 400 mg with food, up to three times a day. Adrenaline auto-injector 300 micrograms for the sesame allergy, carried at all times.**	Confirmed: GP record, from the clinic letter of 16 Oct 2026	14 Nov 2026
Alerts	**Titanium nail and two screws in the left thigh bone since 20 Sep 2026. Tell the radiographer before any MRI. Concussion on 19 Sep: headaches and tiredness continue. Sesame allergy, see above.**	Confirmed: GP record, from the discharge summary of 25 Sep 2026	14 Nov 2026

Hospital and treatment

ITEM	DETAIL	SOURCE	REVIEW BY
Injuries and surgery	Knocked off a bicycle by a car on 19 Sep 2026. Broken left thigh bone, fixed with a nail on 20 Sep. Broken right wrist, in a cast until 30 Oct. Concussion, nothing on the scan. Grazes down the left side, healed.	Confirmed: GP record, from the discharge summary of 25 Sep 2026	
Follow-up	Fracture clinic with Ms Adeyemi on 14 Nov at 09:40. Physiotherapy at the community hospital on Tuesdays and Fridays. Concussion review with Dr Lawal was due by 7 Nov.	Confirmed: Hospital and GP	7 Nov 2026

About me, in my words

The seven headings of the PRSB About Me standard. Written once by Sam; the same text can go to the shared care record, the school plan and an EHC plan's Section A.

ITEM	DETAIL	SOURCE	REVIEW BY
How I communicate and how to communicate with me	Tell me what you are about to do before you do it. If I go quiet I am not being rude, I am overwhelmed; give me a minute. Text before you ring.	Sam wrote this, 28 Sep	
Please do and please do not	Please do let me sit away from the window onto the road. Please do let Priya stay. Please do not take my arm to help me without asking. Please do not ask me to tell it again.	Sam wrote this, 28 Sep	

Situations for your role

Allergic reaction HIGH

Sesame. Adrenaline auto-injector in the front pocket of the bag, a second in the school office. Use it first, then call 999. Then call Sara.

Collapses or is found unwell HIGH

Sesame allergy, auto-injector in the bag. Metal nail in the left thigh since 20 Sep. Concussion in September. Call Sara first.

Needs surgery, an anaesthetic or a scan HIGH

Titanium nail and screws in the left thigh bone: tell the radiographer before any MRI. Sesame allergy. No known drug allergies.

Sam has written an account of what happened and chosen who can read it. It is not on this sheet, and you do not need to ask.

I have read this sheet. Name: _____ Registration: _____ Date: _____

GP

Sam Reid, 16 · Date of birth 2 June 2010 · NHS number 999 123 4567

Given by Sam on _____ · Review by _____ · Record THREAD-7K2M-QD4A

This sheet holds only what this role needs. A line whose review date has passed is out of date: check before acting on it.

In an emergency

Clinical lines here are read from the GP record when the code is scanned. Thread holds no copy.

ITEM	DETAIL	SOURCE	REVIEW BY
Emergency contacts	Sara Reid (mum) 07700 900123. Dev Reid (dad) 07700 900456. Call Sara first.	Sam wrote this	
Allergies	**Sesame: anaphylaxis in 2022. Carries an adrenaline auto-injector (300 micrograms); a second one is kept in the school office. No known drug allergies.**	Confirmed: GP record, confirmed 22 Sep 2026	22 Sep 2027
Current medication	**Paracetamol 1 g, up to four times a day. Ibuprofen 400 mg with food, up to three times a day. Adrenaline auto-injector 300 micrograms for the sesame allergy, carried at all times.**	Confirmed: GP record, from the clinic letter of 16 Oct 2026	14 Nov 2026
Alerts	**Titanium nail and two screws in the left thigh bone since 20 Sep 2026. Tell the radiographer before any MRI. Concussion on 19 Sep: headaches and tiredness continue. Sesame allergy, see above.**	Confirmed: GP record, from the discharge summary of 25 Sep 2026	14 Nov 2026

Hospital and treatment

ITEM	DETAIL	SOURCE	REVIEW BY
Injuries and surgery	Knocked off a bicycle by a car on 19 Sep 2026. Broken left thigh bone, fixed with a nail on 20 Sep. Broken right wrist, in a cast until 30 Oct. Concussion, nothing on the scan. Grazes down the left side, healed.	Confirmed: GP record, from the discharge summary of 25 Sep 2026	
Follow-up	Fracture clinic with Ms Adeyemi on 14 Nov at 09:40. Physiotherapy at the community hospital on Tuesdays and Fridays. Concussion review with Dr Lawal was due by 7 Nov.	Confirmed: Hospital and GP	7 Nov 2026

Getting better

ITEM	DETAIL	SOURCE	REVIEW BY
What I can and cannot do	Two crutches, half weight through the left leg, until the fracture clinic says otherwise (earliest 14 Nov). No PE, no cycling, no contact sport. Right wrist: twenty minutes of writing, then a rest.	Confirmed: Fracture clinic, 16 Oct	14 Nov 2026
Mental health support	Referred to CAMHS on 2 Oct for anxiety and poor sleep since the accident. First appointment 18 Nov. No previous mental health history.	Confirmed: GP record, 2 Oct	18 Nov 2026

About me, in my words

The seven headings of the PRSB About Me standard. Written once by Sam; the same text can go to the shared care record, the school plan and an EHC plan's Section A.

ITEM	DETAIL	SOURCE	REVIEW BY
How I communicate and how to communicate with me	Tell me what you are about to do before you do it. If I go quiet I am not being rude, I am overwhelmed; give me a minute. Text before you ring.	Sam wrote this, 28 Sep	
My wellness	Thigh aches by the evening and after physio. Paracetamol works within half an hour. Wrist is stiff first thing. Not sleeping well since the accident.	Sam wrote this, 3 Nov	
Please do and please do not	Please do let me sit away from the window onto the road. Please do let Priya stay. Please do not take my arm to help me without asking. Please do not ask me to tell it again.	Sam wrote this, 28 Sep	
How and when to support me	Traffic noise close to me, being driven fast or braking hard, and crossing at junctions are hard. Walk on the road side of me. Warn me before you brake. If you need to know what happened, read what I wrote.	Sam wrote this, 28 Sep	

People around me

ITEM	DETAIL	SOURCE	REVIEW BY
Who is involved	Ms Adeyemi, consultant orthopaedic surgeon. Dr Lawal, GP. Hannah Price, physiotherapist. CAMHS, first appointment 18 Nov. Ms Khalil, school safeguarding lead. Marcus Bell, hospital youth worker. Road-crash family support service, reference RS-26-0417.	Confirmed: Shared care record	

Situations for your role

Needs surgery, an anaesthetic or a scan HIGH

Titanium nail and screws in the left thigh bone: tell the radiographer before any MRI. Sesame allergy. No known drug allergies.

Given or collecting medication MEDIUM

Ibuprofen with food, no more than three a day. Paracetamol no more than four a day. Check the auto-injector expiry date.

Sam has written an account of what happened and chosen who can read it. It is not on this sheet, and you do not need to ask.

I have read this sheet. Name: _____ Registration: _____ Date: _____

Pharmacist

Sam Reid, 16 · Date of birth 2 June 2010

Given by Sam on _____ · Review by _____ · Record THREAD-7K2M-QD4A

This sheet holds only what this role needs. A line whose review date has passed is out of date: check before acting on it.

In an emergency

Clinical lines here are read from the GP record when the code is scanned. Thread holds no copy.

ITEM	DETAIL	SOURCE	REVIEW BY
Allergies	**Sesame: anaphylaxis in 2022. Carries an adrenaline auto-injector (300 micrograms); a second one is kept in the school office. No known drug allergies.**	Confirmed: GP record, confirmed 22 Sep 2026	22 Sep 2027
Current medication	**Paracetamol 1 g, up to four times a day. Ibuprofen 400 mg with food, up to three times a day. Adrenaline auto-injector 300 micrograms for the sesame allergy, carried at all times.**	Confirmed: GP record, from the clinic letter of 16 Oct 2026	14 Nov 2026

Situations for your role

Given or collecting medication MEDIUM

Ibuprofen with food, no more than three a day. Paracetamol no more than four a day. Check the auto-injector expiry date.

Sam has written an account of what happened and chosen who can read it. It is not on this sheet, and you do not need to ask.

I have read this sheet. Name: _____ Registration: _____ Date: _____

Physiotherapist

Sam Reid, 16 · Date of birth 2 June 2010

Given by Sam on _____ · Review by _____ · Record THREAD-7K2M-QD4A

This sheet holds only what this role needs. A line whose review date has passed is out of date: check before acting on it.

In an emergency

Clinical lines here are read from the GP record when the code is scanned. Thread holds no copy.

ITEM	DETAIL	SOURCE	REVIEW BY
Allergies	**Sesame: anaphylaxis in 2022. Carries an adrenaline auto-injector (300 micrograms); a second one is kept in the school office. No known drug allergies.**	Confirmed: GP record, confirmed 22 Sep 2026	22 Sep 2027
Alerts	**Titanium nail and two screws in the left thigh bone since 20 Sep 2026. Tell the radiographer before any MRI. Concussion on 19 Sep: headaches and tiredness continue. Sesame allergy, see above.**	Confirmed: GP record, from the discharge summary of 25 Sep 2026	14 Nov 2026

Hospital and treatment

ITEM	DETAIL	SOURCE	REVIEW BY
Injuries and surgery	Knocked off a bicycle by a car on 19 Sep 2026. Broken left thigh bone, fixed with a nail on 20 Sep. Broken right wrist, in a cast until 30 Oct. Concussion, nothing on the scan. Grazes down the left side, healed.	Confirmed: GP record, from the discharge summary of 25 Sep 2026	
Follow-up	Fracture clinic with Ms Adeyemi on 14 Nov at 09:40. Physiotherapy at the community hospital on Tuesdays and Fridays. Concussion review with Dr Lawal was due by 7 Nov.	Confirmed: Hospital and GP	7 Nov 2026

Getting better

ITEM	DETAIL	SOURCE	REVIEW BY
What I can and cannot do	Two crutches, half weight through the left leg, until the fracture clinic says otherwise (earliest 14 Nov). No PE, no cycling, no contact sport. Right wrist: twenty minutes of writing, then a rest.	Confirmed: Fracture clinic, 16 Oct	14 Nov 2026

About me, in my words

The seven headings of the PRSB About Me standard. Written once by Sam; the same text can go to the shared care record, the school plan and an EHC plan's Section A.

ITEM	DETAIL	SOURCE	REVIEW BY
How I communicate and how to communicate with me	Tell me what you are about to do before you do it. If I go quiet I am not being rude, I am overwhelmed; give me a minute. Text before you ring.	Sam wrote this, 28 Sep	
My wellness	Thigh aches by the evening and after physio. Paracetamol works within half an hour. Wrist is stiff first thing. Not sleeping well since the accident.	Sam wrote this, 3 Nov	

ITEM	DETAIL	SOURCE	REVIEW BY
Please do and please do not	Please do let me sit away from the window onto the road. Please do let Priya stay. Please do not take my arm to help me without asking. Please do not ask me to tell it again.	Sam wrote this, 28 Sep	

Situations for your role

PE, sport or cycling HIGH

Crutches, half weight, no PE, no cycling until the fracture clinic says so. Earliest 14 Nov. Check the record again after that date.

Sam has written an account of what happened and chosen who can read it. It is not on this sheet, and you do not need to ask.

I have read this sheet. Name: _____ Registration: _____ Date: _____

CAMHS clinician

Sam Reid, 16 · Date of birth 2 June 2010 · NHS number 999 123 4567

Given by Sam on _____ · Review by _____ · Record THREAD-7K2M-QD4A

This sheet holds only what this role needs. Sam has chosen to share the account of what happened with you: it is Sheet 13, attached separately. A line whose review date has passed is out of date: check before acting on it.

In an emergency

Clinical lines here are read from the GP record when the code is scanned. Thread holds no copy.

ITEM	DETAIL	SOURCE	REVIEW BY
Emergency contacts	Sara Reid (mum) 07700 900123. Dev Reid (dad) 07700 900456. Call Sara first.	Sam wrote this	
Current medication	**Paracetamol 1 g, up to four times a day. Ibuprofen 400 mg with food, up to three times a day. Adrenaline auto-injector 300 micrograms for the sesame allergy, carried at all times.**	Confirmed: GP record, from the clinic letter of 16 Oct 2026	14 Nov 2026

Getting better

ITEM	DETAIL	SOURCE	REVIEW BY
Mental health support	Referred to CAMHS on 2 Oct for anxiety and poor sleep since the accident. First appointment 18 Nov. No previous mental health history.	Confirmed: GP record, 2 Oct	18 Nov 2026

About me, in my words

The seven headings of the PRSB About Me standard. Written once by Sam; the same text can go to the shared care record, the school plan and an EHC plan's Section A.

ITEM	DETAIL	SOURCE	REVIEW BY
What is most important to me	Getting back on my bike one day, and back to rugby before that. Being treated as me, not as the accident. My A-levels.	Sam wrote this, 28 Sep	
People who are important to me	Mum and Dad. My friend Priya. My rugby coach, Mr Danso, who has visited every week. My grandad, who I ring on Sundays.	Sam wrote this, 28 Sep	
How I communicate and how to communicate with me	Tell me what you are about to do before you do it. If I go quiet I am not being rude, I am overwhelmed; give me a minute. Text before you ring.	Sam wrote this, 28 Sep	
My wellness	Thigh aches by the evening and after physio. Paracetamol works within half an hour. Wrist is stiff first thing. Not sleeping well since the accident.	Sam wrote this, 3 Nov	
Please do and please do not	Please do let me sit away from the window onto the road. Please do let Priya stay. Please do not take my arm to help me without asking. Please do not ask me to tell it again.	Sam wrote this, 28 Sep	
How and when to support me	Traffic noise close to me, being driven fast or braking hard, and crossing at junctions are hard. Walk on the road side of me. Warn me before you brake. If you need to know what happened, read what I wrote.	Sam wrote this, 28 Sep	

People around me

ITEM	DETAIL	SOURCE	REVIEW BY
Who is involved	Ms Adeyemi, consultant orthopaedic surgeon. Dr Lawal, GP. Hannah Price, physiotherapist. CAMHS, first appointment 18 Nov. Ms Khalil, school safeguarding lead. Marcus Bell, hospital youth worker. Road-crash family support service, reference RS-26-0417.	Confirmed: Shared care record	

Situations for your role

Anxious, panicky or overwhelmed MEDIUM

Away from the window onto the road. Say what you will do before you do it. Priya can stay. Do not ask about the accident.

Asked what happened LOW

Sam has written it once. Read it if Sam has shared it with you. Do not ask Sam to repeat it.

I have read this sheet. Name: _____ Registration: _____ Date: _____

School safeguarding lead

Sam Reid, 16

Given by Sam on _____ · Review by _____ · Record THREAD-7K2M-QD4A

This sheet holds only what this role needs. A line whose review date has passed is out of date: check before acting on it.

In an emergency

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ITEM	DETAIL	SOURCE	REVIEW BY
Emergency contacts	Sara Reid (mum) 07700 900123. Dev Reid (dad) 07700 900456. Call Sara first.	Sam wrote this	
Allergies	**Sesame: anaphylaxis in 2022. Carries an adrenaline auto-injector (300 micrograms); a second one is kept in the school office. No known drug allergies.**	Confirmed: GP record, confirmed 22 Sep 2026	22 Sep 2027
Alerts	**Titanium nail and two screws in the left thigh bone since 20 Sep 2026. Tell the radiographer before any MRI. Concussion on 19 Sep: headaches and tiredness continue. Sesame allergy, see above.**	Confirmed: GP record, from the discharge summary of 25 Sep 2026	14 Nov 2026

Getting better

ITEM	DETAIL	SOURCE	REVIEW BY
What I can and cannot do	Two crutches, half weight through the left leg, until the fracture clinic says otherwise (earliest 14 Nov). No PE, no cycling, no contact sport. Right wrist: twenty minutes of writing, then a rest.	Confirmed: Fracture clinic, 16 Oct	14 Nov 2026

About me, in my words

The seven headings of the PRSB About Me standard. Written once by Sam; the same text can go to the shared care record, the school plan and an EHC plan's Section A.

ITEM	DETAIL	SOURCE	REVIEW BY
What is most important to me	Getting back on my bike one day, and back to rugby before that. Being treated as me, not as the accident. My A-levels.	Sam wrote this, 28 Sep	
How I communicate and how to communicate with me	Tell me what you are about to do before you do it. If I go quiet I am not being rude, I am overwhelmed; give me a minute. Text before you ring.	Sam wrote this, 28 Sep	
Please do and please do not	Please do let me sit away from the window onto the road. Please do let Priya stay. Please do not take my arm to help me without asking. Please do not ask me to tell it again.	Sam wrote this, 28 Sep	
How and when to support me	Traffic noise close to me, being driven fast or braking hard, and crossing at junctions are hard. Walk on the road side of me. Warn me before you brake. If you need to know what happened, read what I wrote.	Sam wrote this, 28 Sep	

ITEM	DETAIL	SOURCE	REVIEW BY
Also worth knowing about me	Close friends know. I am happy for classmates to know about the accident and the crutches, but not about the anxiety or CAMHS. Staff do not discuss it with students.	Sam wrote this, 3 Nov	

School

The education plan, wherever Sam is taught: a school, alternative provision, a hospital school, a tutor, at home. Today it lives with whoever holds the roll; from 2029 in the digital Individual Support Plan.

ITEM	DETAIL	SOURCE	REVIEW BY
Return to school	Half days until 30 Oct, then full days with a rest break each morning in the sixth-form study room. Leave lessons five minutes early to miss the corridors. Lift pass. Laptop instead of handwriting while the wrist recovers.	Confirmed: Ms Khalil and Sam	31 Oct 2026
Safe adult at school	Ms Khalil (safeguarding lead). If she is out, Mr Grant. Sam can leave any lesson to find them.	Confirmed: Ms Khalil	
Exams and work	A-level mocks in January. Access arrangements requested: a laptop and rest breaks.	Confirmed: School	

People around me

ITEM	DETAIL	SOURCE	REVIEW BY
Who is involved	Ms Adeyemi, consultant orthopaedic surgeon. Dr Lawal, GP. Hannah Price, physiotherapist. CAMHS, first appointment 18 Nov. Ms Khalil, school safeguarding lead. Marcus Bell, hospital youth worker. Road-crash family support service, reference RS-26-0417.	Confirmed: Shared care record	

Situations for your role

Allergic reaction HIGH

Sesame. Adrenaline auto-injector in the front pocket of the bag, a second in the school office. Use it first, then call 999. Then call Sara.

PE, sport or cycling HIGH

Crutches, half weight, no PE, no cycling until the fracture clinic says so. Earliest 14 Nov. Check the record again after that date.

Back in school MEDIUM

Full days with a morning rest break, leave lessons early, lift pass, laptop. Safe adult is Ms Khalil. Sam decides what classmates are told.

Anxious, panicky or overwhelmed MEDIUM

Away from the window onto the road. Say what you will do before you do it. Priya can stay. Do not ask about the accident.

Starts somewhere new MEDIUM

Read this before the first day. Skip the “tell me about yourself” meeting; Sam has already written it. Ask Sam what the new staff should be told and what they should not. Check who else is involved before adding anyone.

Asked what happened LOW

Sam has written it once. Read it if Sam has shared it with you. Do not ask Sam to repeat it.

Sam has written an account of what happened and chosen who can read it. It is not on this sheet, and you do not need to ask.

I have read this sheet. Name: _____ Role: _____ Date: _____

SENCO or SEND caseworker

Sam Reid, 16

Given by Sam on _____ · Review by _____ · Record THREAD-7K2M-QD4A

This sheet holds only what this role needs. A line whose review date has passed is out of date: check before acting on it.

In an emergency

Clinical lines here are read from the GP record when the code is scanned. Thread holds no copy.

ITEM	DETAIL	SOURCE	REVIEW BY
Emergency contacts	Sara Reid (mum) 07700 900123. Dev Reid (dad) 07700 900456. Call Sara first.	Sam wrote this	

About me, in my words

The seven headings of the PRSB About Me standard. Written once by Sam; the same text can go to the shared care record, the school plan and an EHC plan's Section A.

ITEM	DETAIL	SOURCE	REVIEW BY
What is most important to me	Getting back on my bike one day, and back to rugby before that. Being treated as me, not as the accident. My A-levels.	Sam wrote this, 28 Sep	
People who are important to me	Mum and Dad. My friend Priya. My rugby coach, Mr Danso, who has visited every week. My grandad, who I ring on Sundays.	Sam wrote this, 28 Sep	
How I communicate and how to communicate with me	Tell me what you are about to do before you do it. If I go quiet I am not being rude, I am overwhelmed; give me a minute. Text before you ring.	Sam wrote this, 28 Sep	
Please do and please do not	Please do let me sit away from the window onto the road. Please do let Priya stay. Please do not take my arm to help me without asking. Please do not ask me to tell it again.	Sam wrote this, 28 Sep	
How and when to support me	Traffic noise close to me, being driven fast or braking hard, and crossing at junctions are hard. Walk on the road side of me. Warn me before you brake. If you need to know what happened, read what I wrote.	Sam wrote this, 28 Sep	
Also worth knowing about me	Close friends know. I am happy for classmates to know about the accident and the crutches, but not about the anxiety or CAMHS. Staff do not discuss it with students.	Sam wrote this, 3 Nov	

School

The education plan, wherever Sam is taught: a school, alternative provision, a hospital school, a tutor, at home. Today it lives with whoever holds the roll; from 2029 in the digital Individual Support Plan.

ITEM	DETAIL	SOURCE	REVIEW BY
Return to school	Half days until 30 Oct, then full days with a rest break each morning in the sixth-form study room. Leave lessons five minutes early to miss the corridors. Lift pass. Laptop instead of handwriting while the wrist recovers.	Confirmed: Ms Khalil and Sam	31 Oct 2026

ITEM	DETAIL	SOURCE	REVIEW BY
Safe adult at school	Ms Khalil (safeguarding lead). If she is out, Mr Grant. Sam can leave any lesson to find them.	Confirmed: Ms Khalil	
Exams and work	A-level mocks in January. Access arrangements requested: a laptop and rest breaks.	Confirmed: School	

People around me

ITEM	DETAIL	SOURCE	REVIEW BY
Who is involved	Ms Adeyemi, consultant orthopaedic surgeon. Dr Lawal, GP. Hannah Price, physiotherapist. CAMHS, first appointment 18 Nov. Ms Khalil, school safeguarding lead. Marcus Bell, hospital youth worker. Road-crash family support service, reference RS-26-0417.	Confirmed: Shared care record	

Situations for your role

Back in school MEDIUM

Full days with a morning rest break, leave lessons early, lift pass, laptop. Safe adult is Ms Khalil. Sam decides what classmates are told.

Anxious, panicky or overwhelmed MEDIUM

Away from the window onto the road. Say what you will do before you do it. Priya can stay. Do not ask about the accident.

Starts somewhere new MEDIUM

Read this before the first day. Skip the “tell me about yourself” meeting; Sam has already written it. Ask Sam what the new staff should be told and what they should not. Check who else is involved before adding anyone.

Asked what happened LOW

Sam has written it once. Read it if Sam has shared it with you. Do not ask Sam to repeat it.

Sam has written an account of what happened and chosen who can read it. It is not on this sheet, and you do not need to ask.

I have read this sheet. Name: _____ Role: _____ Date: _____

Alternative provision lead or tutor

Sam Reid, 16

Given by Sam on _____ · Review by _____ · Record THREAD-7K2M-QD4A

This sheet holds only what this role needs. A line whose review date has passed is out of date: check before acting on it.

In an emergency

Clinical lines here are read from the GP record when the code is scanned. Thread holds no copy.

ITEM	DETAIL	SOURCE	REVIEW BY
Emergency contacts	Sara Reid (mum) 07700 900123. Dev Reid (dad) 07700 900456. Call Sara first.	Sam wrote this	
Allergies	**Sesame: anaphylaxis in 2022. Carries an adrenaline auto-injector (300 micrograms); a second one is kept in the school office. No known drug allergies.**	Confirmed: GP record, confirmed 22 Sep 2026	22 Sep 2027
Alerts	**Titanium nail and two screws in the left thigh bone since 20 Sep 2026. Tell the radiographer before any MRI. Concussion on 19 Sep: headaches and tiredness continue. Sesame allergy, see above.**	Confirmed: GP record, from the discharge summary of 25 Sep 2026	14 Nov 2026

Getting better

ITEM	DETAIL	SOURCE	REVIEW BY
What I can and cannot do	Two crutches, half weight through the left leg, until the fracture clinic says otherwise (earliest 14 Nov). No PE, no cycling, no contact sport. Right wrist: twenty minutes of writing, then a rest.	Confirmed: Fracture clinic, 16 Oct	14 Nov 2026

About me, in my words

The seven headings of the PRSB About Me standard. Written once by Sam; the same text can go to the shared care record, the school plan and an EHC plan's Section A.

ITEM	DETAIL	SOURCE	REVIEW BY
What is most important to me	Getting back on my bike one day, and back to rugby before that. Being treated as me, not as the accident. My A-levels.	Sam wrote this, 28 Sep	
People who are important to me	Mum and Dad. My friend Priya. My rugby coach, Mr Danso, who has visited every week. My grandad, who I ring on Sundays.	Sam wrote this, 28 Sep	
How I communicate and how to communicate with me	Tell me what you are about to do before you do it. If I go quiet I am not being rude, I am overwhelmed; give me a minute. Text before you ring.	Sam wrote this, 28 Sep	
Please do and please do not	Please do let me sit away from the window onto the road. Please do let Priya stay. Please do not take my arm to help me without asking. Please do not ask me to tell it again.	Sam wrote this, 28 Sep	

ITEM	DETAIL	SOURCE	REVIEW BY
How and when to support me	Traffic noise close to me, being driven fast or braking hard, and crossing at junctions are hard. Walk on the road side of me. Warn me before you brake. If you need to know what happened, read what I wrote.	Sam wrote this, 28 Sep	
Also worth knowing about me	Close friends know. I am happy for classmates to know about the accident and the crutches, but not about the anxiety or CAMHS. Staff do not discuss it with students.	Sam wrote this, 3 Nov	

School

The education plan, wherever Sam is taught: a school, alternative provision, a hospital school, a tutor, at home. Today it lives with whoever holds the roll; from 2029 in the digital Individual Support Plan.

ITEM	DETAIL	SOURCE	REVIEW BY
Return to school	Half days until 30 Oct, then full days with a rest break each morning in the sixth-form study room. Leave lessons five minutes early to miss the corridors. Lift pass. Laptop instead of handwriting while the wrist recovers.	Confirmed: Ms Khalil and Sam	31 Oct 2026
Safe adult at school	Ms Khalil (safeguarding lead). If she is out, Mr Grant. Sam can leave any lesson to find them.	Confirmed: Ms Khalil	
Exams and work	A-level mocks in January. Access arrangements requested: a laptop and rest breaks.	Confirmed: School	

People around me

ITEM	DETAIL	SOURCE	REVIEW BY
Who is involved	Ms Adeyemi, consultant orthopaedic surgeon. Dr Lawal, GP. Hannah Price, physiotherapist. CAMHS, first appointment 18 Nov. Ms Khalil, school safeguarding lead. Marcus Bell, hospital youth worker. Road-crash family support service, reference RS-26-0417.	Confirmed: Shared care record	

Situations for your role

Allergic reaction HIGH

Sesame. Adrenaline auto-injector in the front pocket of the bag, a second in the school office. Use it first, then call 999. Then call Sara.

PE, sport or cycling HIGH

Crutches, half weight, no PE, no cycling until the fracture clinic says so. Earliest 14 Nov. Check the record again after that date.

Back in school MEDIUM

Full days with a morning rest break, leave lessons early, lift pass, laptop. Safe adult is Ms Khalil. Sam decides what classmates are told.

Anxious, panicky or overwhelmed MEDIUM

Away from the window onto the road. Say what you will do before you do it. Priya can stay. Do not ask about the accident.

Starts somewhere new MEDIUM

Read this before the first day. Skip the “tell me about yourself” meeting; Sam has already written it. Ask Sam what the new staff should be told and what they should not. Check who else is involved before adding anyone.

Asked what happened LOW

Sam has written it once. Read it if Sam has shared it with you. Do not ask Sam to repeat it.

Sam has written an account of what happened and chosen who can read it. It is not on this sheet, and you do not need to ask.

I have read this sheet. Name: _____ Organisation: _____ Date: _____

PE teacher or sports coach

Sam Reid, 16

Given by Sam on _____ · Review by _____ · Record THREAD-7K2M-QD4A

This sheet holds only what this role needs. A line whose review date has passed is out of date: check before acting on it.

In an emergency

Clinical lines here are read from the GP record when the code is scanned. Thread holds no copy.

ITEM	DETAIL	SOURCE	REVIEW BY
Emergency contacts	Sara Reid (mum) 07700 900123. Dev Reid (dad) 07700 900456. Call Sara first.	Sam wrote this	
Allergies	**Sesame: anaphylaxis in 2022. Carries an adrenaline auto-injector (300 micrograms); a second one is kept in the school office. No known drug allergies.**	Confirmed: GP record, confirmed 22 Sep 2026	22 Sep 2027

Getting better

ITEM	DETAIL	SOURCE	REVIEW BY
What I can and cannot do	Two crutches, half weight through the left leg, until the fracture clinic says otherwise (earliest 14 Nov). No PE, no cycling, no contact sport. Right wrist: twenty minutes of writing, then a rest.	Confirmed: Fracture clinic, 16 Oct	14 Nov 2026

About me, in my words

The seven headings of the PRSB About Me standard. Written once by Sam; the same text can go to the shared care record, the school plan and an EHC plan's Section A.

ITEM	DETAIL	SOURCE	REVIEW BY
Please do and please do not	Please do let me sit away from the window onto the road. Please do let Priya stay. Please do not take my arm to help me without asking. Please do not ask me to tell it again.	Sam wrote this, 28 Sep	

Situations for your role

Allergic reaction HIGH
Sesame. Adrenaline auto-injector in the front pocket of the bag, a second in the school office. Use it first, then call 999. Then call Sara.

PE, sport or cycling HIGH
Crutches, half weight, no PE, no cycling until the fracture clinic says so. Earliest 14 Nov. Check the record again after that date.

Back in school MEDIUM
Full days with a morning rest break, leave lessons early, lift pass, laptop. Safe adult is Ms Khalil. Sam decides what classmates are told.

Sam has written an account of what happened and chosen who can read it. It is not on this sheet, and you do not need to ask.

I have read this sheet. Name: _____ Role: _____ Date: _____

Youth or family support worker

Sam Reid, 16

Given by Sam on _____ · Review by _____ · Record THREAD-7K2M-QD4A

This sheet holds only what this role needs. Sam has chosen to share the account of what happened with you: it is Sheet 13, attached separately. A line whose review date has passed is out of date: check before acting on it.

In an emergency

Clinical lines here are read from the GP record when the code is scanned. Thread holds no copy.

ITEM	DETAIL	SOURCE	REVIEW BY
Emergency contacts	Sara Reid (mum) 07700 900123. Dev Reid (dad) 07700 900456. Call Sara first.	Sam wrote this	

About me, in my words

The seven headings of the PRSB About Me standard. Written once by Sam; the same text can go to the shared care record, the school plan and an EHC plan's Section A.

ITEM	DETAIL	SOURCE	REVIEW BY
What is most important to me	Getting back on my bike one day, and back to rugby before that. Being treated as me, not as the accident. My A-levels.	Sam wrote this, 28 Sep	
People who are important to me	Mum and Dad. My friend Priya. My rugby coach, Mr Danso, who has visited every week. My grandad, who I ring on Sundays.	Sam wrote this, 28 Sep	
How I communicate and how to communicate with me	Tell me what you are about to do before you do it. If I go quiet I am not being rude, I am overwhelmed; give me a minute. Text before you ring.	Sam wrote this, 28 Sep	
Please do and please do not	Please do let me sit away from the window onto the road. Please do let Priya stay. Please do not take my arm to help me without asking. Please do not ask me to tell it again.	Sam wrote this, 28 Sep	
How and when to support me	Traffic noise close to me, being driven fast or braking hard, and crossing at junctions are hard. Walk on the road side of me. Warn me before you brake. If you need to know what happened, read what I wrote.	Sam wrote this, 28 Sep	

People around me

ITEM	DETAIL	SOURCE	REVIEW BY
Who is involved	Ms Adeyemi, consultant orthopaedic surgeon. Dr Lawal, GP. Hannah Price, physiotherapist. CAMHS, first appointment 18 Nov. Ms Khalil, school safeguarding lead. Marcus Bell, hospital youth worker. Road-crash family support service, reference RS-26-0417.	Confirmed: Shared care record	

Situations for your role

Anxious, panicky or overwhelmed MEDIUM

Away from the window onto the road. Say what you will do before you do it. Priya can stay. Do not ask about the accident.

Starts somewhere new MEDIUM

Read this before the first day. Skip the “tell me about yourself” meeting; Sam has already written it. Ask Sam what the new staff should be told and what they should not. Check who else is involved before adding anyone.

Asked what happened LOW

Sam has written it once. Read it if Sam has shared it with you. Do not ask Sam to repeat it.

I have read this sheet. Name: _____ Organisation: _____ Date: _____

Named recovery coordinator

Sam Reid, 16 · Date of birth 2 June 2010 · NHS number 999 123 4567

Given by Sam on _____ · Review by _____ · Record THREAD-7K2M-QD4A

This sheet holds only what this role needs. A line whose review date has passed is out of date: check before acting on it.

In an emergency

Clinical lines here are read from the GP record when the code is scanned. Thread holds no copy.

ITEM	DETAIL	SOURCE	REVIEW BY
Emergency contacts	Sara Reid (mum) 07700 900123. Dev Reid (dad) 07700 900456. Call Sara first.	Sam wrote this	
Allergies	**Sesame: anaphylaxis in 2022. Carries an adrenaline auto-injector (300 micrograms); a second one is kept in the school office. No known drug allergies.**	Confirmed: GP record, confirmed 22 Sep 2026	22 Sep 2027
Current medication	**Paracetamol 1 g, up to four times a day. Ibuprofen 400 mg with food, up to three times a day. Adrenaline auto-injector 300 micrograms for the sesame allergy, carried at all times.**	Confirmed: GP record, from the clinic letter of 16 Oct 2026	14 Nov 2026
Alerts	**Titanium nail and two screws in the left thigh bone since 20 Sep 2026. Tell the radiographer before any MRI. Concussion on 19 Sep: headaches and tiredness continue. Sesame allergy, see above.**	Confirmed: GP record, from the discharge summary of 25 Sep 2026	14 Nov 2026

Hospital and treatment

ITEM	DETAIL	SOURCE	REVIEW BY
Injuries and surgery	Knocked off a bicycle by a car on 19 Sep 2026. Broken left thigh bone, fixed with a nail on 20 Sep. Broken right wrist, in a cast until 30 Oct. Concussion, nothing on the scan. Grazes down the left side, healed.	Confirmed: GP record, from the discharge summary of 25 Sep 2026	
Follow-up	Fracture clinic with Ms Adeyemi on 14 Nov at 09:40. Physiotherapy at the community hospital on Tuesdays and Fridays. Concussion review with Dr Lawal was due by 7 Nov.	Confirmed: Hospital and GP	7 Nov 2026

Getting better

ITEM	DETAIL	SOURCE	REVIEW BY
What I can and cannot do	Two crutches, half weight through the left leg, until the fracture clinic says otherwise (earliest 14 Nov). No PE, no cycling, no contact sport. Right wrist: twenty minutes of writing, then a rest.	Confirmed: Fracture clinic, 16 Oct	14 Nov 2026
Mental health support	Referred to CAMHS on 2 Oct for anxiety and poor sleep since the accident. First appointment 18 Nov. No previous mental health history.	Confirmed: GP record, 2 Oct	18 Nov 2026

About me, in my words

The seven headings of the PRSB About Me standard. Written once by Sam; the same text can go to the shared care record, the school plan and an EHC plan's Section A.

ITEM	DETAIL	SOURCE	REVIEW BY
What is most important to me	Getting back on my bike one day, and back to rugby before that. Being treated as me, not as the accident. My A-levels.	Sam wrote this, 28 Sep	
People who are important to me	Mum and Dad. My friend Priya. My rugby coach, Mr Danso, who has visited every week. My grandad, who I ring on Sundays.	Sam wrote this, 28 Sep	
How I communicate and how to communicate with me	Tell me what you are about to do before you do it. If I go quiet I am not being rude, I am overwhelmed; give me a minute. Text before you ring.	Sam wrote this, 28 Sep	
My wellness	Thigh aches by the evening and after physio. Paracetamol works within half an hour. Wrist is stiff first thing. Not sleeping well since the accident.	Sam wrote this, 3 Nov	
Please do and please do not	Please do let me sit away from the window onto the road. Please do let Priya stay. Please do not take my arm to help me without asking. Please do not ask me to tell it again.	Sam wrote this, 28 Sep	
How and when to support me	Traffic noise close to me, being driven fast or braking hard, and crossing at junctions are hard. Walk on the road side of me. Warn me before you brake. If you need to know what happened, read what I wrote.	Sam wrote this, 28 Sep	
Also worth knowing about me	Close friends know. I am happy for classmates to know about the accident and the crutches, but not about the anxiety or CAMHS. Staff do not discuss it with students.	Sam wrote this, 3 Nov	

School

The education plan, wherever Sam is taught: a school, alternative provision, a hospital school, a tutor, at home. Today it lives with whoever holds the roll; from 2029 in the digital Individual Support Plan.

ITEM	DETAIL	SOURCE	REVIEW BY
Return to school	Half days until 30 Oct, then full days with a rest break each morning in the sixth-form study room. Leave lessons five minutes early to miss the corridors. Lift pass. Laptop instead of handwriting while the wrist recovers.	Confirmed: Ms Khalil and Sam	31 Oct 2026
Safe adult at school	Ms Khalil (safeguarding lead). If she is out, Mr Grant. Sam can leave any lesson to find them.	Confirmed: Ms Khalil	
Exams and work	A-level mocks in January. Access arrangements requested: a laptop and rest breaks.	Confirmed: School	

People around me

ITEM	DETAIL	SOURCE	REVIEW BY
Who is involved	Ms Adeyemi, consultant orthopaedic surgeon. Dr Lawal, GP. Hannah Price, physiotherapist. CAMHS, first appointment 18 Nov. Ms Khalil, school safeguarding lead. Marcus Bell, hospital youth worker. Road-crash family support service, reference RS-26-0417.	Confirmed: Shared care record	

Situations for your role

Allergic reaction HIGH
Sesame. Adrenaline auto-injector in the front pocket of the bag, a second in the school office. Use it first, then call 999. Then call Sara.

Collapses or is found unwell HIGH
Sesame allergy, auto-injector in the bag. Metal nail in the left thigh since 20 Sep. Concussion in September. Call Sara first.

Needs surgery, an anaesthetic or a scan HIGH
Titanium nail and screws in the left thigh bone: tell the radiographer before any MRI. Sesame allergy. No known drug allergies.

PE, sport or cycling HIGH
Crutches, half weight, no PE, no cycling until the fracture clinic says so. Earliest 14 Nov. Check the record again after that date.

Back in school MEDIUM
Full days with a morning rest break, leave lessons early, lift pass, laptop. Safe adult is Ms Khalil. Sam decides what classmates are told.

Anxious, panicky or overwhelmed MEDIUM
Away from the window onto the road. Say what you will do before you do it. Priya can stay. Do not ask about the accident.

Given or collecting medication MEDIUM
Ibuprofen with food, no more than three a day. Paracetamol no more than four a day. Check the auto-injector expiry date.

Starts somewhere new MEDIUM
Read this before the first day. Skip the “tell me about yourself” meeting; Sam has already written it. Ask Sam what the new staff should be told and what they should not. Check who else is involved before adding anyone.

Asked what happened LOW
Sam has written it once. Read it if Sam has shared it with you. Do not ask Sam to repeat it.

Sam has written an account of what happened and chosen who can read it. It is not on this sheet, and you do not need to ask.

I have read this sheet. Name: _____ Organisation: _____ Date: _____

What happened, told once

Sam Reid, 16

Given by Sam on _____ · Given only to _____ · Record THREAD-7K2M-QD4A

This sheet exists so that Sam never has to tell it twice. Sam chose who receives it. Do not copy it, do not pass it on, and do not read it aloud to Sam. Return it to Sam when you no longer need it.

In my words

I was cycling home from training on a Saturday in September. A car turned across me at the junction by the park. I do not remember the impact. I woke up in the ambulance with a paramedic called Jess talking to me. The driver stopped and stayed. My leg was broken and so was my wrist. I am all right with people knowing that much. I would rather you read this than ask me to say it.

Written by Sam, 28 Sep 2026.

If you need more than this for your work, say so to Sam or Sara, and say why. Sam will decide. Nothing here is a statement for the police or an insurer; that is handled separately and is not part of this record.

I have read this sheet and will return it. Name: _____ Role: _____ Date: _____