LETTER HEAD

<Organisation Address>

<Organisation Details>

<Today's date>

To whoever it may concern,

**Name: <Patient Name>**

DOB: <Date of Birth>

Address: <Patient Address>

NHS number: <NHS number>

**Information from GP records to assist refugees and people seeking asylum with FOOD/DIET problems**

The above-named patient of ours has reported symptoms relating to their current diet.

*…….add more detail if useful or delete this…….*

From the medical records there is evidence of the following health problems which need a special diet

Please tick any boxes which apply:

 [ ]  Diabetes

 [ ]  Coeliac disease

 [ ]  Inflammatory bowel disease

 [ ]  Allergy to certain foods

Further detail from records and medical advice:

........................................................................................................................................................................................................................................................................................................

*...............If unable to tick any of boxes above, consider using phrase below. Remember to read through final letter and delete irrelevant statements/sections...............*

From the medical records, there are no medical diagnoses requiring a special diet. Our patient’s reported symptoms should improve with healthier eating and excluding foods which make their symptoms worse. We have been advised that they should be able to approach the people providing their food to see if the caterers can consider some of their dietary preferences.

Name: <Your Name>

On behalf of *............add name of service................* [[1]](#endnote-1)

1. This template has been created by TortureID as part of a bank of resources for NHS clinicians who are working with people who are seeking asylum. [www.tortureid.org](http://www.tortureid.org). It has been created by Dr Jo Miller who is a GP working with people seeking asylum. They are suggestions, drawn from practical GP experience, about how to respond to common requests.  They are not 'official' templates with the endorsement of any organisations. The asylum environment is fast changing, and materials are likely to need updating regularly. Each template needs to be read through, agreed and adapted to the needs of the service planning to use them. [↑](#endnote-ref-1)