



## Young People's Forum GUCH PA- E News

July 2010



Supporting young people and adults born with a heart condition

[www.guch.org.uk](http://www.guch.org.uk)

Hi there,

Well it's coming to the end of the school, college and uni year so why not join us for our **Summer Holidays Theatre Trip**.

GUCH PA and Brighthearts have teamed up to host a fabulous, fun afternoon in London this summer! Join us for lunch on the Southbank and then on to watch the high energy, creative dance show 'Into the Hoods' at the Royal Festival Hall. <http://www.intothehoods.com/>

**August 4th 2010 - 11.45am - 4.30pm**

Places are limited and allocated on a first come first served basis. Email Anne Crump [guchmh@googlemail.com](mailto:guchmh@googlemail.com) or [Brighthearts@chfed.org.uk](mailto:Brighthearts@chfed.org.uk)



This event is open to anyone with a heart condition aged 13 - 21 years old. The cost of lunch and the show will be met by GUCH and Brighthearts. We are also able to assist with reasonable travel costs to/from London if this is necessary

What ever you get up to over the summer time have a great time. Why not let me know what you have been up to. Take it easy now. *Anne*

*Anne Crump,*

*Young People's Mental Health Project Worker: [guchmh@googlemail.com](mailto:guchmh@googlemail.com) 020 8240 1165*

Take nice deep, slow breaths

Think through the parts of your body from head to toe and tell them to 'relax'

Listen to soothing music

Imagine yourself in a peaceful place

**Let's Chill Out**

### Unwind your mind:

Check out these relaxation and meditation tracks on the BBC Headroom site

[http://www.bbc.co.uk/headroom/mood\\_improvers/relaxation.shtml](http://www.bbc.co.uk/headroom/mood_improvers/relaxation.shtml)



[www.guch.org.uk](http://www.guch.org.uk)

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Facebook Group Young People's Forum GUCH PA:

<http://www.facebook.com/home.php?#/group.php?gid=57362274856&ref=ts>