



Young People's Forum GUCH PA- E News

Sept 2010



Supporting young people and adults born with a heart condition

www.guch.org.uk

Hello Everyone,

Well summer might be coming to an end but here's something to look forward to in the autumn. Why not join us for the **GUCH PA and Brighthearts Young People's Conference and Weekend Away in Manchester!!**

Are you aged 13-24?

Want to meet other young people with a heart condition? Want answers to all kinds of questions about growing up and living life to the full?

Then come to our exciting weekend away!

Including an overnight stay and safari

Saturday 9th & Sunday 10th October 2010

Central Manchester

Saturday: Enjoy a full day of interactive and fun workshops focusing on issues that affect YOU, then relax and unwind with fun and games and a delicious evening meal.

Sunday: Explore the wild animals of the world (with lunch and more!) on Safari at Knowsley Safari Park. Places are limited. Book now to avoid disappointment!

brighthearts@chfed.org.uk 0207 4220630 or Anne Crump guchmh@googlemail.com



Come for the Saturday only or the full weekend. Cost £25 for the whole weekend- the Saturday Conference is free. Help can be given to pay for travel expenses and accommodation if needed so please ask. Be great if you could make it.

Take care now. *Anne* Anne Crump,

Young People's Mental Health Project Worker: guchmh@googlemail.com 020 8240 1165



Some of you might be starting new schools/colleges/work etc so here are some online tips for making new friends from The Site: <http://www.thesite.org/sexandrelationships/familyandfriends/friendships/makingnewfriends>



www.guch.org.uk

Helpline 0800 854759 Head Office: 01473 252 007

Facebook Group Young People's Forum GUCH PA:

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