



Young People's Forum GUCH PA- E News

May 2010



Supporting young people and adults born with a heart condition

www.guch.org.uk

Hi there everyone

Well the sun is beginning to shine so why not think about joining GUCH PA on our **Young People's Summer Get Together. Saturday 26th June 2010 down in Brighton 12 noon to 4pm.** (For those born with a heart condition aged 15 - 21years.)



We can check out the beach and the entertainment Brighton's Pier has to offer plus fish and chips of course. Free event, cost of fish and chips and pier activities included. We can also help you with travel costs if you would like to come along. For more information please contact me.

Anne

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

Check it out:

Express yourself and how you're feeling by creating your own unique animation in the Moodscape on the BBC's Headroom site. <http://www.bbc.co.uk/headroom/moodscape/create/>

New ID card for teens aged 13-19 with a heart condition from the British Heart Foundation. It's free and filled out by cardiac nurse or doctor. Can be used to show people, teachers etc if they question your condition or have forgotten about it.

<http://www.bhf.org.uk/living-with-a-heart-condition/how-we-can-help-you/the-bhf-card.aspx>

How many vampires does it take to change a light bulb?

None, they like it dark.



"I THINK YOU'VE BEEN SPENDING ENTIRELY TOO MUCH TIME ONLINE!"



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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>