



Young People's Forum GUCH PA- E News

January
2010



Supporting young people and adults born with a heart condition

www.guch.org.uk

A very Happy New Year to you all!

Here's our new e-news to try and keep you all informed of what GUCH PA is up to. We are keen to organise more social events that might be of interest to 16-21 year olds, so please let me know what you would like to do, wherever you are in the UK.

Featured website:

<http://www.teenagehealthfreak.org/>
Teenage health freak answers all your physical and emotional health questions, from anxiety to zits!



What music helps you to chill out and relax?

Please email any suggestions to Anne:
guchmh@googlemail.com

Why not join us on Saturday 13th February 2010 to celebrate Heart Awareness Week 2010 for a relaxed social meet up followed by an optional stroll around the beautiful town of Cambridge. Meet new people and catch up with old GUCH friends. Light refreshments, snacks and hot drinks will be available afterwards. Venue to be confirmed soon.

For more info or to book a free place, please contact the office on 01473 252 007 or email admin@guch.org.uk. This event is open to all adults born with a heart condition, their friends and families. *Anne*

Any suggestions, questions or concerns? Please contact Anne Crump, Young People's Mental Health Project Worker: guchmh@googlemail.com 020 8240 1165



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>

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What do you get if you cross a stereo with a refrigerator?

Cool music.