



Young People's Forum GUCH PA- E News

March
2010



Supporting young people and adults born with a heart condition

www.guch.org.uk

Hi there everyone!

Live near or attend Birmingham Queen Elizabeth Hospital? If so why not join us for our Patient Event on Saturday 6th March 10am - 1.30pm. We will be joined by speakers from within the Midlands healthcare system, including Dr Sara Thorne, Consultant Cardiologist, industry experts and GUCH member speakers. We aim to cover;

- Endocarditis
- Travel issues, both home and abroad
- GUCH relevant changes occurring within the local area (that specifically affect GUCH patients)
- Presentation on GUCH Patients Association

Featured website:

BBC HEADROOM:

Lots of info on how to deal with the stresses and strains of life.

Videos, downloads, moodspa

<http://www.bbc.co.uk/headroom/>



Great CD that helps you relax and de-stress:
Rays of calm - relaxation for teenagers
http://www.calmforkids.com/index.php?option=com_content&task=view&id=21&Itemid=45

There will be a delicious buffet lunch and refreshments, and plenty of time to chat to fellow GUCH patients and staff. If you would like to attend this free event then contact:

Paula Banda 01706 216 5345
pbanda54@googlemail.com

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. *Anne*

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



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>

How many ears has Captain Kirk got?

Three: the left ear, the right ear, and the final front ear.

(Ben Miller)