

# Staying Positive

## YOUNG PEOPLE'S WORKSHOPS

- So you live with a long term health condition
- You spend a lot of time at the doctors or hospital
- You get nagged by adults, friends and health care professionals (for all the right reasons) about what you should and shouldn't do

**So why should you want to spend more of your precious time talking about your health?**

**Because these workshops are very different**

## Why are they different?

- Because over 100 young people of your age (12-17 years old) with similar conditions as you, told us what they wanted in workshops

## What did they tell us?

- Family, friends and health care professionals can all help, but sometimes you can have difficulty talking to them
- You did not want to lose any more time at school by visiting yet more doctors and hospitals
- You spend enough time in the classroom at school and didn't want to spend even more time doing the same thing in your free time

## So what did we do?

- We trained young people of your age living with a health condition to run the workshops

# The Workshops

- We arranged the workshops around the things you said were important to you -
  - How **medication** affects your social life
  - How you can **exercise** safely and keep it fun
  - How you can keep up with **school work** and how to get the career you want
  - Learning how to cope with the change from **Children's Health Services to Adult Health Services**
  - What to do when you are **fed up and feeling down**
  - Discussing **that subject ... sex** what are the special problems that you face
- The last part of each workshop is a **fun activity** with nothing to do with your health, like learning to play **African drums** or take **great photos!**



Workshops run on  
**Saturday** or **Sunday afternoon**  
we can pay transport costs

**Better still**  
watch the DVD  
see what goes on  
listen to what other young  
people say  
about **Staying  
Positive**  
WORKSHOPS

# Staying Positive

WORKSHOPS

Created by  
young people

Run by  
young people

For young people

For more information

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EPPE/OO2/O7

**EPILEPSY**  
**DIABETES**  
**ASTHMA**  
**JUVENILE**  
**ARTHRITIS**  
WORKSHOPS FOR 12-17 YEAR OLDS  
**SICKLE**  
**CELL** **M.E**  
**CROHNS**  
**CEREBRAL**  
**PALS**  
**PALS**

**EPP** 



**"We really are laid back!"**