

Adolescent Resource Newsletter

May 2003

This is a monthly newsletter produced as part of a national project to *Improve the Quality of Life for Adolescents with Juvenile Idiopathic Arthritis* and aims to support professionals involved in the care of young people by highlighting opportunities for professional development and signposting useful resources.

The project is funded by the Arthritis Research Campaign and is undertaken on behalf of the British Paediatric Rheumatology Group, Children's Chronic Arthritis Association, Lady Hoare Trust for physically disabled children and Arthritis Care.

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Disclaimer

The inclusion of these resources should not be construed as BPRG/ARC/CCAA/LHT/AC endorsement or support of any information or products mentioned there. They have been identified as potentially useful resources and whilst every care has been taken to ensure that they are appropriate for adolescents with JIA, the authors accept no responsibility for the accuracy or suitability of their content.

Adolescent Bookshelf

References for professionals



Prescribing in adolescents

Useful series in *Prescriber* (www.escriber.com) including:

- Treatment issues and drug choice in arthritis (May 2003)
- Teenage contraception: the options and the issues (April 2003)
- Coming to terms with teenage asthma patients (Feb 2003)
- Acne management and advice to give to patients (Nov 2002)
- Diabetes: treatment and management issues (Oct 2002)
- Advice on managing epilepsy in teenagers (Sept 2002)

References for young people and their parents



CHAT (Children Have Arthritis Too): A Guide to Juvenile Chronic Arthritis

A booklet published by the Children's Chronic Arthritis Association, the Lady Hoare Trust for Physically Disabled Children and Arthritis Care. Written by leading professionals in the field, it provides basic information about a range of topics concerned with arthritis in childhood, e.g. benefits, education, employment and future independence.

CHAT2PARENTS:

Following the success of the CHAT booklet, CHAT2PARENTS provides information aimed at the parents of teenagers with arthritis.

Both are available free to families from:

Arthritis Care, Supporter Services Department, 18 Stephenson Way, London NW1 2HD.

Tel: 020 7380 6540

Children's Chronic Arthritis Association, Ground Floor, Amber Gate, City Wall Road, Worcester, WR1 2AH. Tel:01905 745595 Fax:0 1905 745703

Lady Hoare Trust, 89 Albert Embankment, London, SE1 7TP. Tel:020 7820 9989.



New publications/videos from the Trust for the Study of Adolescence

- *Wise Guide: Exam skills.* Brookes K. Hodder Children's Books, 2002 (£5.99)
- *Wise Guide: Drinking.* Wyman M. Hodder Children's Books, 2002 (£5.99)
- *The smart girl's guide to sex.* Parnell K, Piccadilly Press, 2000. (£5.99)
- *The smart girl's guide to boys.* Coole M, Piccadilly Press, 2000. (£5.99)
- *Sort it! Everything a teenager needs to know at the click of a mouse.* Hart P, Piccadilly Press, 2002. (£5.99)
- *Everything you ever wanted to ask about...willies and other boys bits.* Kreitman et al, Piccadilly Press, 2002. (£6.99)
- *Everything you ever wanted to ask about...periods.* Kreitman et al, Piccadilly Press, 2002. (£5.99)

Available from TSA, 23 New Road, Brighton, BN1 1WZ, UK. Tel: 01273 693 311

Fax: 01273 679 907 Email: publications@tsa.uk.com Website: www.tsa.uk.com

Adolescent Webwatch

ARTHRITIS



www.arthritiscare.org.uk/

Website of Arthritis Care, the UK's largest voluntary organisation working with and for people with arthritis. Includes 'The Source', a new helpline for young people aged 25 and under who have arthritis or care for someone who does. 'The Source' can be accessed in several ways:


Email: thesource@arthritiscare.org.uk (The young person needs to include their name and address if they would like information to be sent back to them).

All enquiries are confidential. However, if young people do not want to give their real name or usual email address they can get a free, anonymous email address from services like www.hotmail.com or www.yahoo.com. These emails can be accessed from any computer, and they're protected by a password so no one else will be able to read them.


Phone free: on 0808 808 2000 (Mon: 10am to 2pm; 4pm to 7pm. Tue - Fri: 10am to 2 pm)

Write to: The Source, Arthritis Care, 18 Stephenson Way, London NW1 2HD.

CARERS

-  www.carers.gov.uk
Government website providing details of the services or benefits affecting carers. Provide facts and figures and definitions about carers as well as links to related web-sites. Also provides material to help carers and professionals to understand the Carers and Disabled Children's Act 2000.

DRUGS


-  www.d-2k.co.uk
Drug related information and includes printable fact-files on 14 different drugs, email helpline, contacts for local support services and links to other relevant websites.

-  www.re-solv.org
Website of Re-Solv, a non-profit making national charity dedicated to the prevention of solvent and volatile substance abuse. Provides printable factsheets, free-online training courses for professionals, downloadable packs for teachers, information about useful publications and a leaflet for parents (free to print/download).


Also provides email and telephone helplines. Email: helpline@re-solv.org Tel: 0808 800 2345 (free)

GENERAL TRANSITION ISSUES


-  <http://www.bbc.co.uk/radio1/oneline/>
Very good website provided by Radio 1 for young people. Gives comprehensive information and useful links about personal issues, health, education, travel, work, finance, housing, legal issues

-  <http://www.ukonline.gov.uk/YourLife>
Government website that provides information on a range of topics including starting a new school; your choices at 16; learning to drive; looking for a job; moving home; looking after someone; getting through exams plus many more. Provides useful links including information about benefit entitlement.

LEISURE


-  www.smoothridegrooveguide.info/
Is a new travel website for young disabled people being set up by a 24 year old woman with arthritis. She is looking for young disabled people to write 'Rough Guide' style reviews about the areas in which they live.


MENTAL HEALTH

-  <http://www.thecalmzone.net>
Support and advice for young men on everything from self-confidence to depression. Has links to other online information and lists local activities that young people may want to get involved in.

Also provides a free helpline Tel: 0800 58 58 58 (open 5pm-3am everyday). There is no time limit on calls and they won't show up on the bill if you use a landline.

PREGNANCY/PARENTHOOD

 <http://www.bbc.co.uk/health/parenting>
BBC Health site. Has a section for parents of teenagers that deals with a wide range of teen issues (from common problems, to letting go). Also provides information about further support for parents and young people.

 <http://www.dppi.org.uk>
Disability, Pregnancy & Parenthood International (DPPi) is a small UK based registered charity, controlled by disabled parents, which promotes better awareness and support for disabled people during pregnancy and as parents. They offer personal and confidential service with an individualised response; information sheets on useful organisations & references, specific conditions, equipment/childcare strategies and peer support networks; signposting to other services; articles about personal experience and good practice and referrals to Disabled Parent Support Workers and Disabled Parent Network services.


They can be contacted at:

Disability, Pregnancy & Parenthood international, National Centre for Disabled Parents, Unit F9, 89-93 Fonthill Road, London, N4 3JH.

Freephone: 0800 018 4730

Email: info@dppi.org.uk

VOCATION/EMPLOYMENT

 <http://www.doctorjob.com>
Award winning website offering graduate career advice. Includes information about choosing a vocation, finding work placements, working abroad, post-graduate courses as well as links to advisory services, CV templates, virtual interviews, and information and links to employers.

Also incorporates...

<http://www.doctorjob.com/16+/>
which is for people thinking about what to do after school or college.

Useful Information

i *First announcement of the 13th Congress of the European Rheumatoid Arthritis Surgical Society, Sweden, 3-5 June 2004*

Further information from: urban.rydholm@ort.lu.se

i *Conferences run by the Trust for the Study of Adolescence*

- *Supporting young parents: lessons from Research, 30 June 2003, London.*
Special price £55
- *Learning and transitions to adulthood: research and practice, 17 July 2003, London*
- *Teenage fostering: what's new, 7 October 2003, Cheshire.*
- *Support for children and parents during transition to secondary school, 23 October, London*
- *Working with young fathers: putting it into practice, 12 November 2003, Manchester.*
- *More than one to one: youth counselling, 21-22 November 2003, London.*
- *Parenting young people, 24 March 2004, London.*
- *Suicide and self-harm in adolescence, 27 April 2004, Bristol.*
- *Alcohol and drug use among young people, 13 May 2004, London*
Costs £45-125 dependent on employment status.

Further information from

Jan Hill, Conference and Course Administrator, TSA Ltd, 23 New Road, Brighton, BN1 1WZ.

Tel: 01273 771 249 Fax: 01273 729 098 Email: jhill@tsa.uk.com

www.tsa.uk.com

***Do you know of any other useful resources or opportunities for professional development? If you do, please let us know by email to:
B.Thomas.1@bham.ac.uk***