

Adolescent Resource Newsletter

July 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



A multimethod review to identify components of practice which may promote continuity in the transition from child to adult care for young people with chronic illness or disability. Forbes A, While A, Ullman R, Lewis S, Mathes L, Griffiths P. London, NCCSDO, 2002.

Available in full on the website of the NHS Service Delivery and Organisation national R & D programme www.sdo.lshtm.ac.uk/publications.htm/



Learning to listen. Published by the Children and Young People's Unit, Nov. 2001
Sets out the core principles for children and young people's participation in the planning, delivery and evaluation of government policies and services.

Available in full at www.cypu.gov.uk/youth/publications

References for young people and their parents



Hands off.

A magazine-style publication produced by the NSPCC for teenagers to help them identify and prevent sexually abusive behaviour by adults or other young people.



Worried? Need to talk?

A pocket-sized booklet from the NSPCC that is full of useful information about how to get help with a range of problems, including abuse, bullying, family and relationship problems, etc.

Both can be downloaded free or ordered from www.nspcc.org.uk

Adolescent Webwatch

CAREERS



www.uproject.org.uk

Uproject is a summer activities programme for young people who are leaving school at 16 and who are not sure what to do next. By getting involved in a local uproject, young people can: take part in inspiring activities (like white-water rafting, climbing, abseiling, drama, and music); get advice on jobs, education and decisions affecting their future; get new confidence in themselves and their abilities, and develop useful skills like communication and teamwork. Uproject is managed by local partnerships, usually involving Connexions, the Youth Service, Careers Service, outdoor activity providers and youth work organisations.



www.yini.org.uk

A national educational charity that places students in industry (based on their chosen degree subject) as a gap year before their degree, usually engineering, computing, science and business studies.



www.careers-portal.co.uk

Award winning online careers service that is part of the National Grid for Learning. Provides a gateway to careers and higher education information on the web. Includes over 2000 links to other sources of advice and information

GENERIC HEALTH ISSUES



www.quit.org.uk

Website of QUIT, the independent charity whose aim is to save lives by helping smokers to stop. Includes a section for teenagers that provides information about the reasons to give up smoking and how they can attempt to do this. Offers a freephone helpline, email service and the opportunity to have a counsellor provide confidential support at young peoples' schools. QUIT also publishes a number of resources, including informational postcards/posters aimed at young people (these can be downloaded free of charge).

Quitline (free) 0800 00 22 00

(The helpline can also provide Bengali, Urdu, Punjabi, Gujarati and Hindi speaking counsellors who can offer confidential, friendly help and advice in these languages)

e mail - stopsmoking@quit.org.uk (will reply the same day)

LEISURE



www.bbc.co.uk/holiday

BBC Holiday website with a comprehensive section on disability.

MENTAL HEALTH



www.edauk.com

Website of the Eating Disorders Association (EDA), the leading organisation providing information, help and support across the United Kingdom, for people whose lives are affected by eating disorders. Provides a range of services, including a network of self-help, two confidential helplines, a recorded information service and a confidential email helpline. These can be contacted by anyone who needs advice and information, including parents and professionals.

Youthline (up to and including 18 years of age) **0845 634 7650** (Open Mon - Fri 4pm-6.30pm)

Adult Helpline (over 18 years of age) **0845 634 1414** (open 8:30am to 8:30pm Mon - Fri)

Recorded Information Service 0906 302 0012 (calls cost 50p per minute and the message lasts approximately 8 minutes).

E-mail at helpmail@edauk.com



www.gamcare.org.uk

Helps young people who have a gambling problem

Helpline: 0845 6000 133

PARENTING



www.e-parents.org

Website for parents from the National Family and Parenting Institute (NFPI). Covers all issues concerning parenting including 'how to survive teenagers' and 'a family guide to health services'. Produces a wide range of publications and fact sheets (free to download) as well as links to other useful organisations.



www.oneparentfamilies.org.uk/

National Council for One Parent Families - runs a helpline and information service for lone parents.
Helpline 0800 018 5026.



www.fathersdirect.com/

Website from the National Information Centre for Fatherhood. Includes a section about fathers and teenagers.

Useful Organisations



THE EATING DISORDERS ASSOCIATION

Aims to help and support all those affected by Anorexia and Bulimia Nervosa.
First Floor, Wensume House, 103 Prince of Wales Road, Norwich, NR1 1DW.

General Helpline: 01603 621414

Youth Helpline: 01603 765050 (Mon - Fri : 4 - 6 pm)



TRIPSCOPE

Offers advice and information to people with impaired mobility on overcoming travel difficulties. Operated by staff who all have a personal understanding of disability.

Helpline: 08457 58 56 41 (Calls charged at local rate)

www.tripscope.org.uk

***Do you know of any other useful resources or opportunities for professional development? If you do, please let us know by email to:
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