

Adolescent Resource Newsletter

August 2005

To support professionals involved in the care of young people by signposting useful resources and highlighting opportunities for professional development.

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Disclaimer

Resources detailed here have been identified as potentially useful and whilst every care has been taken to ensure that they are appropriate and/or relevant for adolescents with chronic illness and/or their healthcare providers, the author accepts no responsibility for the accuracy or suitability of their content.

Adolescent Webwatch

FOR YOUNG PEOPLE

 <http://c2b1.live.poptech.coop/>.

Department of Health and Department for Education and Skills funded 'Young People's Development Programme' (YPDP). YDPD aims to address risk-taking behaviour especially in relation to reducing teenage pregnancy

Advocacy and Rights

 **Carnegie Young People Initiative**

http://www.carnegieuktrust.org.uk/cypi/about_us

CYPI is an initiative of the Carnegie United Kingdom Trust, set up to increase the influence children and young people have over decisions that affect them.

 www.headspacetoolkit.org

A self-advocacy and rights toolkit for young people in adolescent psychiatric units. Designed for young people by young people and endorsed by Young Minds, DfES, The Children's commissioner and the Children's Rights Alliance.

 www.abrighterfuture.org.uk.

A new website created by young people to give **young refugees and asylum-seekers** a voice in England.

Vocational Readiness

 www.childrens-express.org

Children's Express (UK) is a programme of learning through journalism for young people aged 8-18. It's much more than a hobby – the members of our bureaux around the UK regularly see their work in local and national newspapers, and hear each other on radio and television. Also provide opportunities for young people to be interviewed. Includes pages for young people, journalists, teachers and the wider community.

 http://www.changemakers.org.uk/y_act.html

The Y ACT scheme needs Young Advocates (aged 16-25) to facilitate groups of young people (aged 11 to 18) to realise their ideas and initiate, organise and manage a project to improve their community. Advocates are fully supported throughout the project and receive a paid allowance .

 www.youthbank.org.uk

YouthBank UK is a “new and innovative UK-wide grant-making initiative run by young people for young people.” They provide small grants to projects led by young people of benefit to the community. For more information, check out the website at www.youthbank.org.uk, email them on: youthbank@nya.org.uk or ring them on 0116 242 7446.

Activities

 www.doit4real.com

The Youth Hostel Association of England & Wales is kick-starting the summer with ‘**Do it 4 Real**’ – a series of activity breaks giving young people the chance to try their hand at everything from abseiling to film-making and much more! The programme is open to all young people aged 11-17. Check out the website for more info

Young People in Care

 <http://www.thewhocarestrust.org.uk/>

The Who Cares? Trust – a national charity working to improve public care for around 60,000 children and young people who are separated from their families and living in residential or foster care. Offer a telephone Linkline service and CareZone – an interactive online service for children in public care. However, produce publications that may also be relevant to adolescents who are not in care.

Travel

 For young people in London: The Mayor has announced that from September 2005 all **under-16s in London will ride the bus for free!** For details on what you need to do to get free fares go to the Transport for London website at <http://www.tfl.gov.uk/tfl/fares/tickets/2005/photocards/freetravel-under16s.shtml>

FOR PROFESSIONALS

College Strategy for involving Children and Young People

This document, resulting from an AGM motion in 2002, was published and launched at a College event on June 2nd. The full document can be downloaded from our website at



http://www.rcpch.ac.uk/publications/recent_publications/Involving.pdf



<http://www.ncb.org.uk/healthycare/hcb.asp>

Health care factsheets on generic health issues for professionals (eg physical activity and health eating, mental health, sexual health, substance misuse) with signposts to other contacts from the "Healthy Care" strategy of the National Children's Bureau. (Published March 2005)

Adolescent Bookshelf

For Professionals



Knight JR, Sherritt, L, van Hook S et al. Motivational interviewing for adolescent substance use: a pilot study. *J Adol Health* 2005;37:167-169



Lotstein, DS., McPherson, M., Strickland, B., & Newacheck, PW. Transition planning for youth with special health care needs: Results from a national survey of children with special health care needs. *Pediatrics* 2005;115(6):1562-1568.



Rand CM, Auinger P, Klein JD, Weitzman M. Preventive counselling at adolescent ambulatory visits. *J Adol Health* 2005;37:87-93.



Robertson LP, McDonagh JE, Southwood TR, Shaw KL. Growing up and moving on. A multicentre UK audit of the transfer of adolescents with juvenile idiopathic arthritis JIA from paediatric to adult centred care. *Ann Rheum Dis* 2005;Jun 30; [Epub ahead of print].



Scal, P., & Ireland, M. Addressing transition to adult health care for adolescent with special health care needs. *Pediatrics* 2005;115(6):1607-1612.

Forthcoming Dates and Meetings for your diary!

2005 Year Of The Volunteer

For further details see www.yearofthevolunteer.org/html/about.html

August 1-7

Sexual Health Week

Family Planning Association, www.fpa.org.uk

August 12

International Youth Day
United Nations www.un.org

September 16th 2005
Home Alone?

RCN HQ, Cavendish Square, London (£50)

One-day conference for all health and social care professionals working with young people.

To increase awareness of the health and social care needs of hard to reach and vulnerable young people and to consider ways of reducing barrier to access to relevant services.

For registrar contact

Zoe Jammeh at the RCN

0207 927 7220 or email zoe.jammeh@rcn.org.uk

Thursday 29 September 2005 – London

SELF HARM - Identification, Treatment and Understanding

a one day, multidisciplinary conference looking at all aspects of self harm, To be chaired by: Professor Dinesh Bhugra, The Dean of The Royal College of Psychiatrists. To reserve your place or to receive a copy of the conference brochure, please email your details, including Name, Company, Address and Telephone number to simon.boyd@tfinforma.com or visit www.tandfevents.com/selfharm

October 3-7

Walk to School Week

www.walktoschool.org.uk

November 1-7 National Youth Week

Theme “enjoying and Achieving”

For more information watch www.nya.org.uk

November 16

Students with disabilities: the transition from School to university

One day symposium at Royal Institute of Public Health, 28 Portland Place, London

To register : Email Michelle Gillham on mgillham@riph.org.uk or

For further info contact Penny Moore on 0207291 8361 email pmorre@riph.org.uk

Public sectors and charities £140

2006

March 22-25

Society of Adolescent Medicine, Boston, Massachusetts, USA

For further details see: www.adolescenthealth.org

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

j.e.mcdonagh@bham.ac.uk