

Be Empowered. Get Involved. Connect with us.

Please fill in your details and we will be in touch to find out how we can support you and tell you about the exciting opportunities available.

Your name

Email address

Phone no.

Age

Interests

Please tear off this page and hand to the receptionist after your appointment



Confidentiality

Things that you discuss with a youth worker will not be shared outside of your medical team, unless we are concerned about your safety.

"It's nice that I am in a group with people that I know have been through the same things as I have"

Willow, 15

"I am so lucky to be in such an amazing group and have made awesome friendships through it!"

Maddie, 16



If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please call 023 8120 4688.

www.uhs.nhs.uk/readysteadygo

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Ready
Steady Go
programme

PEER
project

Meet your PEER youth workers

Supporting Patient Empowerment, self-Esteem, Employability and Resilience through enjoyable activities, discovering opportunities and more...



PEER youth workers are here to offer support to young people aged 11 to 25 years who have a long term condition.

We're here to help with things like:

- your emotional wellbeing
- supporting you during your clinic appointments
- overcoming challenges related to your condition
- transitions in your care, for example moving into adult services
- ensuring you are supported in your education, training and employment

We also offer:

- support with school and your education
- help with employment issues, such as completing your CV and looking for jobs
- opportunities to complete the Duke of Edinburgh Award and ASDAN short courses, helping you increase your confidence, skills and enhance your CV.
- social events and fun activities including conservation, bowling, rock climbing and more



Photography by Amy Kinrade

How to get in contact

You can contact us on our mobile: **07717 843065** or email us: **peer.youthworkers@uhs.nhs.uk**

We are based at the hospital, and are happy to attend consultant appointments with you, visit on the ward and book specific youth clinics.

“The youth workers and their events help young people so they can cope with whatever life throws at them”

Michael, 18

“The PEEER Project activities have made me more confident”

Katie, 18