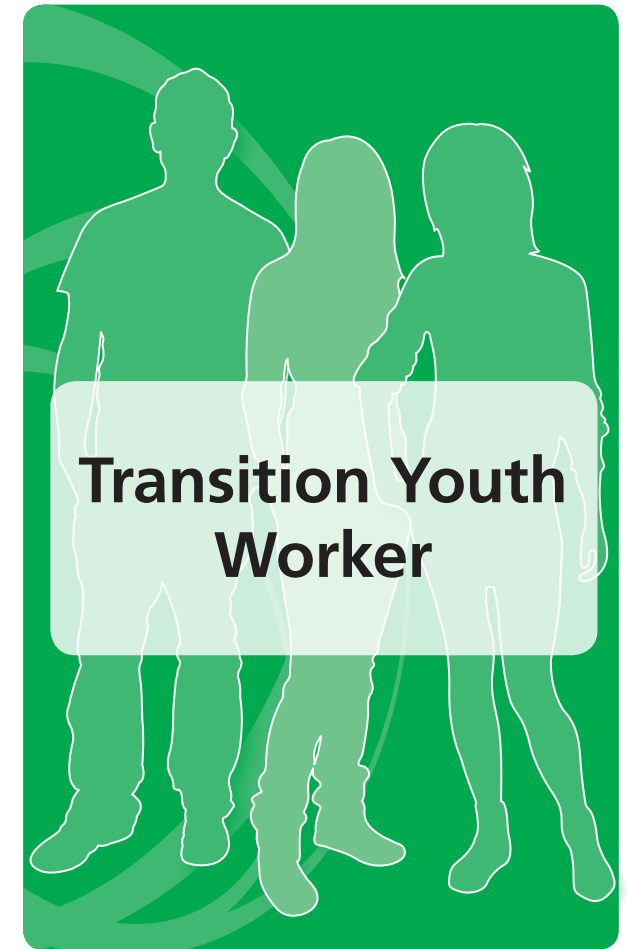




The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk or call 0121 627 7803

Young Person's Renal Clinic
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston,
Birmingham, B15 2TH
Telephone: 0121 627 2000



Delivering the **best** in care

UHB is a no smoking Trust
www.uhb.nhs.uk

To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm

What is youth work?

A youth worker's role is to help and support young people with life issues that may be linked to their illness/condition.



What does this involve?

Talk and conversation: This is central to the work we do. There may be times as a young person when you may need to get things off your chest away from your friends, parents or medical staff, a youth worker can provide a listening ear without sitting in judgement of you. These issues could relate to a medical concern or any other issues that you may have.

Support and advice: often young people with chronic (long-term) illnesses have missed out on a number of opportunities that other young people take for granted or feel that educational/career opportunities may have been lost. You may be entitled to benefits due to your medical condition and youth workers can provide guidance and support on options open to you. Youth workers may not know all the answers but they can put you in contact with other young person friendly services such as *Connexions*.

Home visits: youth workers can arrange home visits or meetings outside of the hospital environment. These offer more flexibility for young people as these visits can be made during the day or evening.

Group work: there may be times when you want to meet with other young people who are going through similar health problems and share your experiences.

One-to-one: support can be offered for all young people who may be lacking in confidence or self-esteem that may hinder them from fulfilling their full potential – these sessions can take place anywhere that is suitable.

Activities: occasionally social activities such as bowling or residentials can be organised if there are enough people and funding is available.

Contact youth worker

Mark Thompson
Mobile no: 07825297816

Useful websites

www.connexions-direct.com
www.nhs.uk/livewell/sexandyoung
www.talktofrank.com
www.brook.org.uk
www.kidneymatters.co.uk
www.kidneypatientguide.org.uk
www.britishkidney-pa.co.uk

