



Adolescent and Young Rheumatology Newsletter

September 2023

Hello! Would you like to take part in activities, **meet other young people** and help us **shape the service and research we do** at the Centre? We would **love to hear from you** and have you on board, no prior knowledge is required!

If you are interested in joining us, please email: centre.adolescentrheumatology@ucl.ac.uk

Please visit our **website** at <https://adolescent-rheumatology.uk/>, or use the below QR code



7th Adolescent Rheumatology Symposium



On the **11th of July 2023** we hosted the **7th Annual Adolescent Rheumatology Symposium**, some highlights include **exciting talks** on health inequalities from Sir Michael Marmot and Dr Guddi Singh, and a **Q&A session hosted by 2 patient representatives** asking a panel of experts their pressing questions.

We want to take this opportunity to **thank everyone who made this day possible**, to our amazing speakers and panel of experts, and to everyone who joined us either in person or online!

Town Hall Meeting



On Saturday 24th of June we held our **Town Hall event**, which has young people and clinicians on its board. The event, aiming to **re-build a sense of young people community** post-COVID, gave us an opportunity to engage with a talented group of lived experience partners; passionate about empowering other young people; and offering insightful ways in which the adolescent service can be **designed to meet our patients' needs**.

The event encompassed a combination of interactive activities including using coaching conversations to facilitate peer to peer support, workshops using art activities to visualise challenges and opportunities experienced by clinicians and young people. Some of the highlights of the day were presentations on hope and inspiring journeys shared by young people. The event created an opportunity to network, seek peer support and **gave young people a voice in setting our research and service** improvement strategies.



“The pandemic was a very challenging time for so many and one of the casualties was the work that our patients do to guide our department in how we run our service and the research work we focus on. This was a fantastic event led by Dr Aicha and her team and I am especially grateful to the patients who came and were inspirational.”



We're **looking for some young people to join our Advisory Board** which next meets on the **13th of October** online **via Teams**.

This is a friendly informal meeting, and no prior experience is necessary.

We are also hoping for **young people representatives to join our Steering Committee**. We strongly value the opinion of our patients. You will have the opportunity to **help us shape the research we do** at the Centre. No prior knowledge is required, we would love to have you on board! The meetings take place about once a year, if you're interested, please contact us for more information. Find out contact details below.