

## How do I get a place on YES?

It's really easy to get referred, just ask your GP, hospital team or diabetes youth worker to download our referral form from [gstt.nhs.uk/YES](http://gstt.nhs.uk/YES) fill it in and email it to us at [gst-tr.yes.referrals@nhs.net](mailto:gst-tr.yes.referrals@nhs.net)

If you have any questions about the programme, please email [gst-tr.yes.referrals@nhs.net](mailto:gst-tr.yes.referrals@nhs.net)

“The fact that the course was held outside of the hospital helped to make everyone feel more at ease making it easier to share our experiences with each other, while receiving support and advice from the highly knowledgeable diabetes team from St Thomas’.”

- Dan, 16

### Contact us



For more information:

visit us at [gstt.nhs.uk/YES](http://gstt.nhs.uk/YES)

whatsapp or text us on **07825765549**

follow us **@YESsouthlondon** on Twitter, Facebook and Instagram

This programme is supported by:



## Supporting 14 - 19 year olds with Type 1 diabetes in south London



"What about **parties**?"

"Can I eat **pizza**?"

"Will diabetes affect my **relationships**?"

## What is YES?

The Youth Empowerment Skills (YES) programme combines social activities organised by trained youth workers with a three-day interactive workshop delivered by the diabetes department at Guy's and St Thomas' hospital.



Over the course of several months, you'll be invited to a load of free social activities and meet other 14 - 19 year olds living with Type 1 diabetes, before taking part in a great three-day interactive workshop which will help you to become more confident in managing your diabetes.

"It was really reassuring to hear that many of the people on the course had experienced the same issues and frustrations that I have felt, and it was useful to hear how they have dealt with it."

- Jessica, 17

## Three-day Workshop

Alongside the social activities, young people with Type 1 diabetes are invited to join a three-day workshop. It will involve group discussions and simulations to help you think differently about your diabetes. You will receive tips and advice to help you deal with a wide range of topics including:

- How to stay safe when away from home
- Going to parties & socialising
- Driving
- Relationships
- Staying Safe
- Can I eat Pizza?



Workshops Dates:

"Unlike many other medical courses which just bombard you with information, the YES Course is fun, interactive and encourages everyone to get involved. Last year the young people found that it was great to have support from other teenagers in the same situation."

- Workshop organiser