

10th Birthday

COME JOIN THE PARTY!

10 wishes for 10 years...what will you gift us from our birthday list?

1. Remember everyone's voice matters - mine too
2. Involve me in making decisions about my care
3. Consider me, and my life outside of health
4. Think - how can I empower the child?
5. Give me choices, and respect my decisions
6. Be realistic with your advice and promises
7. Explain things at my level
8. Make the environment in which we meet a comforting one
9. Make transition to adult services smoother
10. Remember I am not my symptoms, I am me



The voice of children,
young people and families

Celebrating

10

Years

#AndUs10