



What do young people think about it?



- "I have learnt to look after myself more and to be more responsible"
- "I enjoyed abseiling, canoeing and the water fight"
- "I did not like washing up"
- "I learnt not to bring heavy bags"
- "I learnt about how other people cope with arthritis and how we can help each other"
- "I learnt not to underestimate girls"
- "I learnt that I am more independent than I thought"



What are 'Rheumatic diseases' in children?

An example of rheumatic disease: Juvenile Idiopathic Arthritis (JIA): JIA is a painful swelling of the joints, such as the knees, fingers, wrists and even the neck and jaw. It prevents or limits normal physical activities (e.g. running, playing, writing) and makes schooling difficult. There is no known cure, but much can be done to support affected young people (e.g. Drug treatment, physio and occupational therapy, nursing and social support). Independence is a major problem for teenagers – hence this program.

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Registered Charity
Number 107535

"Kids Like us" is a West Midlands based charity which raises funds to support children and young people with arthritis.

Teenage Break Away

Supported By



A residential programme
for young people with
Rheumatic diseases



What is the independence break?

'It is a four day break held during August, at a Youth Hostel, for young people with Arthritis & Rheumatic diseases.

It is organised and run by staff from the Rheumatology Department at Birmingham Childrens Hospital

The program begins with a pre-meeting where the teenagers participate in discussions about:

- Activities
- Menus
- House Rules
- Rotas (cooking, cleaning, etc)

Public transport is used (where possible) which, although it proves challenging at times, adds to the experience!

Aims...

The main aims of the Independence Break are:

- To promote independent living skills
- To promote self-confidence and improve self-esteem levels
- To provide a social, stimulating and fun environment away from home
- To develop peer support groups

Activities...

Everyone is expected to participate in the household chores (cooking, shopping, cleaning, etc.) Included in the program is a choice of challenging activities which is decided upon at the pre-meeting. These may include:

- Canoeing
- Abseiling/Climbing
- Shopping
- Theme parks/Wildlife parks
- Team building activities

Cost...

In 2012 the cost of the break was approximately £3500 "Kids Like us" hopes to support this project, through its fundraising efforts, for the foreseeable future.



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