

Are you aged 12-17 with an allergy which can cause you to experience anxiety or low mood?

We are looking for young people who experience heightened anxiety (or feelings such as worry or fear) around managing their allergy who might find it beneficial to take part in a two session workshop with a psychologist and other people your age.



How can I get involved?

If you would like to find out more or be considered for a space on the workshop, please speak to a member of the allergy team.

rduh.paediatricallergy-eastern@nhs.net

or phone 01392 406633

Someone involved with running the workshop will contact you to discuss this in further detail.

The workshop consists of two afternoon sessions which will generally run in the spring

The workshop is split into two age groups:

12 to 14 and 15+

This workshop is being run in collaboration with Paediatric Psychology at the RDUH and the School of Psychology at the University of Surrey.