



SICKLE CELL SOCIETY

SIANN MILLANAISE

PATIENT EDUCATION & TRAINING LEAD



WWW.SICKLECELLSOCIETY.ORG

 **@SICKLECELLUK**

SOS

S E L F O V E R S I C K L E

JULY 2018 – MAY 2019



WHO IS THE CONTENT AIMED AT?

**ANYONE GOING THROUGH A TRANSITION PERIOD,
THOUGH 18-25 YEAR OLDS WILL BE PRIORITISED!**



AREAS WE EXPLORE

LOCAL WORKSHOPS // ONLINE – WEBINARS

**MANAGING YOUR SICKLE CELL
(BODY GOALS)**

**ENTERPRISE VS EMPLOYMENT
(CAREER GOALS)**

**TRANSITIONING TO INDEPENDENCE
(LIFE GOALS)**

**SERVICES & SUPPORT AVAILABLE
(SQUAD GOALS)**

**FAMILY PLANNING
(RELATIONSHIP GOALS)**

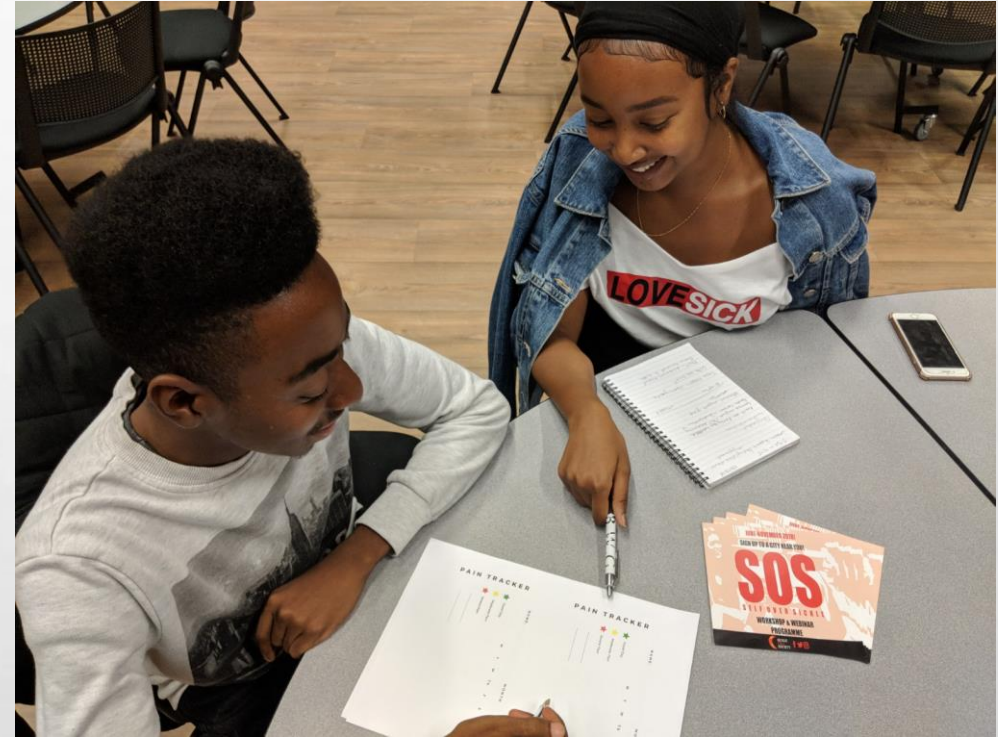
WELLBEING, MOOD & MOTIVATION (MY GOALS)

LOCATIONS

- **BEXLEY & GREENWICH**
- **BIRMINGHAM**
- **BRADFORD (WEST YORKSHIRE)**
- **BROMLEY**
- **CROYDON**
- **LEICESTER (DE MONTFORT UNIVERSITY)**
- **MANCHESTER**
- **MERTON**
- **NOTTINGHAM UNIVERSITY**
- **RICHMOND & WANDSWORTH**



BIRMINGHAM'S 1ST SESSION:



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WHY SHOULD PATIENTS SIGN UP?

- IT'S FOR THEM. NOT THEIR SICKLE CELL.
- ALL SESSIONS ARE FREE!
- MEET NEW PEOPLE! // ASK Qs ANONYMOUSLY.
- SHARE & EXPRESS THEMSELVES!
- IMPROVE THEIR MINDSET & OUTLOOK ON LIFE!
- FIND OUT KEY INFO THEY DIDN'T ALREADY KNOW!
- REFRESHMENTS WILL BE PROVIDED! 😊

FOR MORE INFORMATION:
WWW.SICKLECELLSOCIETY.ORG
/SELFOVERSICKLE

TO GET INVOLVED, EMAIL:
SIANN.MILLANAISE@SICKLECELLSOCIETY.ORG

FOR PATIENTS:
INSTAGRAM: SELFOVERSICKLE

"We cannot always control everything that happens to us in this life,
but we can control how we respond." / L. Lionel Kendrick

