

# Teenage workshop

**18 November,  
The Met Hotel,  
Leeds**

**9.30am - 5pm**

A fun and informal day-long workshop led by specialist haemophilia nurses with many years' experience, in partnership with our Youth Ambassadors.

The workshop is open to anyone **aged 12-18** with a **bleeding disorder** or **siblings** of people with a bleeding disorder.

Expect to get involved in lively, interactive sessions on issues that matter to you, try different physio exercises, share experiences and meet new people.

## **The topics up for debate will include:**

- Choosing the right treatment, including chat about prophylaxis, treatment on demand and when to use tranexamic acid
- Moving from paediatric to adult care – how to make a smooth transition
- Tattoos and piercings
- Managing periods
- Being the brother or sister of someone with a bleeding disorder
- Discussions about sex, drugs and alcohol (this will be age-appropriate and subject to parental permission)
- Getting good mental health support
- How to become more independent
- Travel
- Managing uni and further education

**If you've got a topic you  
want to discuss or have  
any questions, contact  
[natalie@haemophilia.org.uk](mailto:natalie@haemophilia.org.uk)  
and [nicola@haemophilia.org.uk](mailto:nicola@haemophilia.org.uk)**

**We're also  
open to  
ideas!**

**The  
Haemophilia  
Society**

# Big Get-Together 2023