

## **Listen Website- Youth**

- **Childhood liver diseases- information**
  - Children's Liver disease foundation website
  - <https://childliverdisease.org/liver-information/childhood-liver-conditions/>
- **Understanding condition**
  - How to explain condition to other (including how it interferes with your day to day activities).
- **Transitioning to adult services**

## **PRACTICAL SUPPORT**

- **Appointments – What you should expect**
  - Before your appointment
  - During your appointment
  - After appointment
- **Medication**
  - Remembering to take your medication
  - Knowing your doses/ what each medication is for/
- **School /College**
- **Moving to University**
- **Jobs**
  - How illness can affect you at work
  - Taking leave for appts and coping with the higher likelihood of being ill (So your work colleagues don't think you are overreacting)
  - Pre-empting illness an annual leave
  - How to explain to job interviewers that you will have to be off for appts
- **Drugs and Alcohol**
  - **Leaflet:** Alcohol: Advice and Information for Children and Young People on
- **Sex and Contraception**
- **Travel and Holidays**
- **Festivals**

- **Sports**
  
- **Transplants**
  - **Pre- transplants**
  - **Post- transplants**
  
- **Events and forums and social activities**
  - HIVE
  - Becoming a peer Mentor
  - Willow foundation
  
- **Recommended apps**
  - NHS Go
  - HospiChill
  - Calm
  
- **Research**
  - Research taking place at King's which young people can take part in