



The **Anaphylaxis** campaign  
Helping people with severe allergies live their lives

## Family Workshop Birmingham

### **BOOK NOW – BEFORE YOU GO ON YOUR SUMMER HOLS TO AVOID DISAPPOINTMENT!**

An interactive workshop for 20 young people (aged between 11 – 18 yrs) with severe food allergy, plus a workshop for their parents, guardians or carers.

**Place:** The Arden Hotel & Leisure Club, Coventry Road, Bickenhill,  
Solihull , B92 0EH

**Date:** Sunday 17 October 2010

**Time:** 1pm - 5pm

**Cost:** FREE - although donations are always gratefully  
received. The Campaign relies on charitable trusts,  
foundations and individuals to fund these workshops.

**Set-up:** Parents in one room whilst youngsters in another, both covering the  
same topics but from their own perspective.

**Aim:** To help parents and their allergic children, who are growing in  
independence, assess and manage the risks associated with living with food  
allergy.

Preparing for “letting go” and handing over responsibility to the allergic  
youngster.

The opportunity to meet others in a similar situation.

Throughout the afternoon there will be much discussion, sharing of  
experiences and a refresher on EpiPen and Anapen use.

### **PLACES MUST BE PRE-BOOKED FIRST**

For more information or to book places:-

Please go to the “events” page of our website [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk) .

Email: Gill Elliott at [gill@anaphylaxis.org.uk](mailto:gill@anaphylaxis.org.uk) or

Write to Gill Elliott

The Anaphylaxis Campaign

PO Box 275

Farnborough, Hants

GU14 6BU

**Registered Charity: 1085527**