

# University College Hospital

## The Tree of Life project

### Children and Young People's Diabetes Service

**The Tree of Life project offers opportunities to meet other young people with diabetes**

- Talk with other young people in a unique, chilled way
- Learn and share tips with others
- Swap stories of what works in a creative way
- Have a chance to see yourself through other people's eyes
- Identify and build on your strengths
- Find different ways to live with a long term health condition
- Explore and share your hopes and dreams with others
- Gain a different perspective on yourself and others
- Make connections with other young people in the same boat

The Tree of Life project is open to all young people from 10-19 years old who use the UCLH diabetes services.



**Young people who have participated in the Tree of Life day say**

- "It lets you talk about serious stuff in a fun way"
- "You realize what you do to keep going. You tend to do it without realizing."

- “Thinking about what you do and others do to cope”
- “Reflecting on other people’s beliefs and how they cope with diabetes, rather than hearing my own voice.....highlights how they handle it”
- “Sharing views with other people”
- “It gives you a chance to glimpse yourself through other people’s eyes”
- “Feedback about what others think”
- “I’ve never spoken to anyone else with diabetes or heard other people talk about diabetes – quite wow!”
- "I felt isolated before as I haven’t spoken to someone who has diabetes. It’s not the same speaking to a doctor”.

### The Tree of Life project includes:

- Meeting together on one day from 10am – to 4.30pm
- A group of 4-8 young people
- Facilitators from the UCLH psychology team alongside young people as ‘peer trainers’ who have taken part in previous days
- Listening to your experience and advice to help develop the project for other young people
- The opportunity to become a peer trainer in future Tree of Life days

For more information or to apply for the next Tree of Life project day contact:

Dr Lucy Casdagli, Clinical psychologist, Paediatric and Adolescent psychology service.  
**Telephone:** 020 3447 9086

Expert advice and information about children and young people's type 1 diabetes at  
[www.uclh.nhs.uk/T1](http://www.uclh.nhs.uk/T1)

If you need a large print, audio or translated copy of this document, please contact us on 020 3447 9086. We will try our best to meet your needs.

**UCLH** We are committed to delivering top-quality patient care, excellent education and world class research

**Safety  
Kindness  
Teamwork  
Improving**

First published: 19/07/13  
 Date last reviewed: 19/07/13  
 Date next review due: 19/07/15  
 Leaflet code: UCLH/SH/PAED/CYPDS/TREE/1  
 © University College London Hospitals NHS Foundation Trust