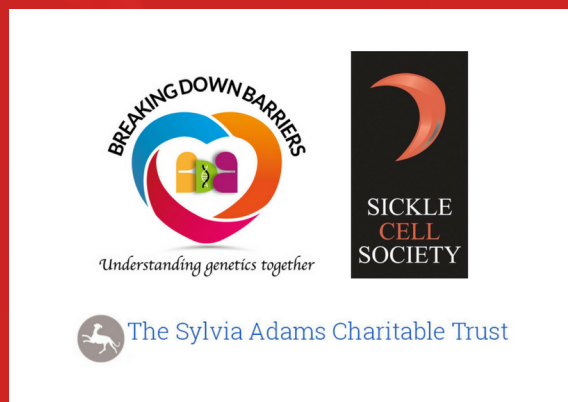


# MY SICKLE CELL JOURNAL



SATURDAY  
9 FEBRUARY  
2019



**LINDA CHIC**

**BREAKING DOWN BARRIERS PROJECT  
AND HELPLINE OFFICER**





**"KEEPING TRACK  
OF YOUR  
CONDITION  
ENABLES  
YOUR HEALTH  
PROFFESIONALS  
TO PROVIDE YOU  
THE BEST  
CARE."**

# THE SICKLE JOURNAL

Is designed to bring together your understanding of your triggers, early warning signs or symptoms, and wellness strategies.







# BENEFITS OF JOURNALING

It allows you to consolidate all your vital information in one place for easy access.

And gives you a better understanding of your health in order to develop your best care plan



# EVERY PERSON'S EXPERIENCE WITH SICKLE CELL DIFFERS

The journal simply outlines some of the techniques used when tracking various aspects of a chronic illness.

You may find that some parts are more relevant than other, and it is fine to just use those.





## LOG

Whatever it is, big  
or small .  
You never know  
when it is going to  
come in handy



## SPEAK

To health  
professional if  
you notice  
anything unusual  
,or developing a  
pattern



## CONTACT US

The helpline is open  
10am to 5pm  
Monday-Friday.

# HELPLINE SERVICES

**NUMBER:**

**020 8963 7794**

**EMAIL:**

**[Linda.chic@sicklecellsociety.org](mailto:Linda.chic@sicklecellsociety.org)**

**WEBSITE**

**[www.sicklecellsociety.org](http://www.sicklecellsociety.org)**

The Sickle Cell Society  
helpline offers a  
telephone and email  
service to all  
individuals affected by  
SCD.





**ANY  
QUESTIONS?**