

Allergy UK

support groups

 **AllergyUK**

Are you passionate about improving life for people living with allergies?

Join one of our Allergy UK Engagement Groups and help shape a more understanding, inclusive future.

Our groups bring together young people and parents/carers to share experiences, build confidence, and influence real change in allergy awareness, care and policy across the UK.

“Together, we’re part of the same mission, to make the world safer, more inclusive, and ultimately more informed about allergy.”

Why get involved?

- Influence Allergy UK’s services, campaigns and policies.
- Build new skills and connect with others who understand.
- Take part in creative projects, consultations and events.
- Choose your own level of involvement, as much or as little as suits you.

find your group:



13–17s Youth Group

A safe space to talk, share and build confidence.

18–25s Youth Group

Influence change, raise awareness, and support others.

Parent/Carer Group

Connect, share and advocate for safer, more inclusive environments.



Be part of something that matters.

Find out more and join today:

www.allergyuk.org/youth-engagement-group

