

What is a Spoonie?

Those living with chronic illnesses may have limited energy resources, and thus, spend more energy on everyday tasks often taken for granted by others.

Spoons are used in disability communities as a visual metaphor to explain (by showing) how much energy one has throughout the day.

Each activity requires a certain amount of energy, represented by spoons.

Those with chronic illnesses may need to manage their energy (spoons) across activities, impacting their lives socially, mentally, academically, and physically.

Members of this community are "Spoonies".



LITTLE SPOONIES

Dwight Englewood Spoonies (& advisors) will host periodic:
In-Person Meetups &
Virtual Mentoring Programs

In-Person Meetups may vary, from organized icebreakers and games with snacks, prizes, and raffles to creating & implementing fundraisers for charities.

Virtual Programs will connect mentors and participants, through (for example) use of game-only apps, like Game Pigeon.

Kids will connect with high school mentors that also have chronic illness and lead positive, successful lives.

Kids will be encouraged to participate as much as comfortable, enhancing self-esteem and motivation. They will be inspired to embrace their strengths and to self-advocate, shaping their futures.

****** If interested, there may be an optional parent info support group, run by a clinical social worker in parallel to the Meetup.

Why Little Spoonies?

Created so kids with Chronic illnesses could connect and interact with teens living with similar struggles, in a safe and supportive environment.

Our mission is to help kids feel more comfortable and supported while navigating their illness/disability journey.

We aim to connect through:

- In-Person Meetups &
- Virtual Mentoring Programs

See Contact Us (on back) to sign up.

Benefits of Connection

Emotional Support

Having people who understand your experiences and can listen to your concerns without judgment can significantly alleviate emotional distress caused by chronic illness.

Stress Reduction

Social interaction in a supportive environment can combat against stress, which can exacerbate symptoms of chronic conditions.

Combating Isolation

Chronic illness can often lead to social withdrawal, so maintaining connections with friends and family is essential to prevent feelings of loneliness.

Improved Health Management

A supportive network can encourage healthy behaviors, remind you to take medications, and provide practical assistance when needed, leading to better overall illness management.

Sense Of Belonging

Feeling accepted and valued by others (despite having a chronic illness) can boost self-esteem and overall well-being.

Contact Us

littlespoonies25@gmail.com

Sign-ups
Inquiries
Further Details
Code of Conduct

- Crohn's Disease,
Ulcerative Colitis, and
many more IBDs
- Celiacs Disease
- Cystic Fibrosis
- Anemia
- Cerebral palsy
- Diabetes
- And many more



LITTLE SPOONIES

Connecting kids with chronic illness teen mentors.