CLICSARGENT.ORG.UK

CANCER WTF?

WANT THE FACTS?

YOUNG LIVES
vs CANCER
CLIC SARGENT

CLIC Sargent would like to thank everyone who helped develop this booklet.

The information in this booklet is correct at the time it was printed (February 2017)
Date of next review: February 2018

CLIC Sargent, No. 1 Farriers Yard, Assembly London, 77-85 Fulham Palace Road, London, W6 8JA
T: 0300 330 0803
E: info@clicsargent.org.uk
W: clicsargent.org.uk

YOUNG LIVES vs CANCER
CLIC SARGENT

Registered charity number 1107328
and registered in Scotland SC039857

CONTENTS

MAKING SENSE OF IT ALL

HOSPITAL LIFE

THE PEOPLE IN YOUR LIFE

KEEPING ON TOP OF THINGS

WE'RE HERE FOR YOU

MAKING SENSE OF IT ALL

Hearing you have cancer is like finding yourself in the middle of a maze with no clue how you're supposed to find your way back out again. It's confusing and scary. But that's where your care and medical professionals and the many organisations dedicated to supporting you step in. We'll make sure that you're not alone through this, and set you on the right path until everything starts making sense again. This booklet should help you on your way.

FIRST THOUGHTS

There could be a million questions flying through your mind, or you might not be able to think about anything at all. Maybe you're just experiencing strong feelings. Either way, the questions below should help you deal with some common feelings shortly after diagnosis.

Why me?

It's only natural to question why this has happened but you can be sure that it's not your fault – absolutely not. Cancer is an illness that can happen to anyone and there isn't one definite reason why. It's important you know that you're not responsible and you're not alone in dealing with it.

Who's going to help me?

Whether it's your family, partner or friends – the people you're closest to are likely to want to be there for you during this time. Their support can be some of the most valuable both now, and in the months ahead. They may well ask, "What can I do to help?" so you might want to think about some things they can do to support you – like telling other people or helping with the practical stuff.

You'll also meet lots of people working in the hospital who will be on hand for support. We tend to call this team of people 'health and care professionals', although you'll get to know who's who. You'll probably meet lots of people at this time so it's okay to check out who they are and what they do. There's a guide about this on page 19. The fact is help is always available. Often it's just a question of asking.

A BIT ABOUT US

Who we are

This booklet is written by a charity called CLIC Sargent. We support people with cancer aged 24 and under from diagnosis onwards – that's a pretty small number of people in the grand scheme of things, but no less important! We also know you'll have different needs from older people – whether that's about your education, career, relationships or your social life.

CLIC Sargent teams

Young people's social workers and young people's community workers are a direct source of invaluable guidance and advice. They will be your 'go to' person for anything that's on your mind – whether that's worries or feelings, or practical help with work or money.

The other things we do

We like our lists, so there's another one on page 70 where you can find out more about ways we could help you.

What happens now?

Your care team should have let you and your family know the next steps, but generally treatment will often start soon after diagnosis. This prospect can be scary but it won't change who you are. Depending on the type of treatment you need, you may be able to keep going to classes, lectures or work.

This booklet will guide you through what you'll need to think about over the coming weeks. If you're keen to crack on with making decisions and want know more about what's going to happen, skip to page 12 for guidance on taking the next steps.

> “I was so ready to find my own place, to get a job, to start relationships and it was all taken away. I don't feel like I've been hard done by but I feel like my life has been delayed.”

YOUR FEELINGS

Anger, numbness, shock, fear, guilt – you might be feeling all, one or none of these. Cancer can give you more ups and downs than a yo-yo. Whatever you're feeling right now is normal. But there are two things that are important to know: it's not your fault and you're not alone.

Dealing with the diagnosis

One minute you're getting on with life and the next you have an illness that throws everything into question. It's natural to be angry. You might feel the situation is unfair. You might feel frightened and worried about the impact it will have on your life and those around you.

Whatever situation you're in – living independently or with family, and whether you're in education or work – there are people who can help you deal with the things that are most important to you. Right now, this could be how to talk to the people in your life, accessing benefits if you need to take time off work, support with pausing your studies – or simply dealing with your emotions.

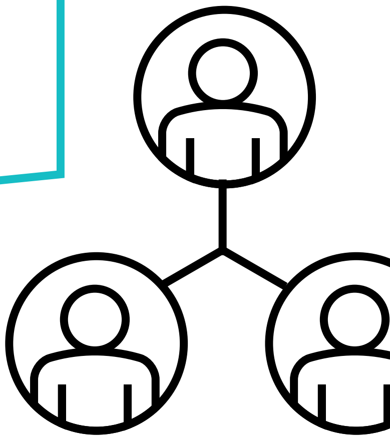
Feeling alone

When something this life changing happens to you, it's normal to feel that no one can really understand what you're going through. Lots of young people say that a diagnosis can make them feel isolated and alone. It might be hard to believe but there will be people who get how you're feeling.

As well as your care team (the group of professionals looking after you) you'll find there is a whole 'community' of young people who are connected by a cancer diagnosis. If you are treated on a young person's ward then you'll probably find people to talk to who are going through similar stuff.

Our Online Community

This is a safe space for young people aged 16 to 24 who have, or have had cancer, to share experiences and support each other. Download the app by searching 'CLIC Sargent Online Community'. Use #helloimnew when you arrive.

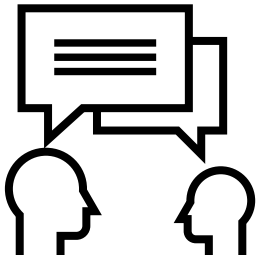


Feeling low

You may feel low or worried about the future and this is completely natural. There are bound to be times during your treatment when you feel down, and days where you're feeling more resilient. It's really important to keep checking in with yourself and recognise when you might need some support – especially if you're feeling sad most of the time.

Opening up can be tough but it really helps to talk about things, rather than bottling them up. Start by speaking to someone you trust about how you're feeling. This could be a friend, someone from your care team or one of the organisations at the back of this book. We're all here to listen and help, with no judgement.

> "If you know that you're depressed, tell your doctor and allow people to help you."



TOP TIP

Expressing your feelings in writing can really make a difference to how you feel. You could even consider a blog or vlog, but check out page 38 first for tips on having a positive online experience.

Tackling big questions

Young people tell us that having cancer can bring up some pretty intense questions that they feel no one can answer. Most young people with cancer do get better and things are continuing to improve as dedicated scientists and professionals work out new and better ways to treat cancer. Everyone's situation is different so it's always best to talk about this with your consultant, as they'll be able to talk you through the next steps and hopefully help to reassure you.

Putting things in perspective

Talking to a close friend, partner or parent, or someone else you feel comfortable with, can really help to make sense of things. Being open with those close to you about how you're feeling often helps them, as well as you. It's understandable to feel pretty overwhelmed at the moment but sometimes it's just a case of making a plan, setting some short term goals and taking 'one day at a time'. Why not enlist someone to support you with this and help keep you focused?

> "It can help to have someone else help you make a plan so that someone can help motivate you and stick to it."

TAKING THE NEXT STEPS

So what happens now? Well it'll start by choosing how involved you want to be. Playing an active role in your care could help you to find answers and feel more in control. But there's also nothing wrong in allowing other people to lead the way if you're not feeling up to it. You might even want to give them this book as a guide.

Deciding where you're treated

One of the biggest decisions to make is where you will be treated. It may be that because of your type of cancer, your place of treatment is already decided for you. If this decision hasn't been made, it's important you ask your consultant about your options.

Your consultant

This is the person who is in overall charge of your care. They will use their expertise to create a treatment plan that is best for you. You might not see your consultant every day, but if you want to speak to them, you and your family can always ask for an appointment to see them.

Where you have treatment will depend on a number of things like your age, the type of cancer you have, where you live, and which hospital has the expertise to give you the best possible care. For more information, visit nhs.uk/young-cancer-care which clearly explains some of your possible choices.

Thinking about your treatment

At the moment, cancer treatment might be a bit of an alien concept. What will it be like? How long will it last? Will it hurt? All these questions can be addressed by your care team – they'll be used to answering them so never be afraid to ask.

You can be sure that whatever your treatment involves, it's been put together by experts to make sure it works for you.

Clinical trials

This is a form of research used to test new treatment methods, such as drugs or surgery. If you're offered the chance to take part in one, this may determine where you are treated. It's important to know that this will only be an option if doctors think it's right for you. However, the choice is entirely up to you. Just make sure you ask enough questions to get the answers you need.

GETTING QUESTIONS ANSWERED

You may still have questions on your mind. How you go about finding answers depends on what feels right for you. It's good to know who to talk to and where to go if you need to have further conversations.

Making the most of your care team

Throughout this booklet we refer to 'your care team'. This could be your nurse, consultant, GP, CLIC Sargent Young People's Social Worker or Community Worker, or any other professional involved in your care or treatment for cancer. Even if the person you speak to can't help you directly, they will be able to help you find someone who can.

It might feel strange to open up about personal things with someone you don't know well, but it's likely that they've heard all your questions before.

TOP TIP

Write questions down before you speak to someone, as it can be easy to forget what you want to say. You might also want to write down the answers you receive, or get someone to do this for you.

Speaking privately

There may be times when you prefer to talk to a professional by yourself, especially if you need to discuss medical history or lifestyle choices. You always have that choice. If you feel awkward asking your parents or partner to leave, you could speak to a member of your care team beforehand and see if they can help you with this.

Phone or email us

If you'd rather not talk face to face, you can call us on 0300 330 0803 or email us at info@clicsargent.org.uk. We'll help you access the support and information you need. The organisations on page 73 can also support you with a wide range of issues.

Getting the right info

Having good information when you need it most can really help to make sense of things. The CLIC Sargent website has trustworthy information about cancer, treatment and lots of advice about how to manage the impact of cancer on different aspects of your life.

Along with this booklet, CLIC Sargent also produces a range of publications which you can download or order free of charge from clicsargent.org.uk. Your care team will also be able to get hold of information about most specific topics.

Searching online

It might be tempting at this point to start googling, but using the internet definitely has pros and cons:

PROS

- Lots of reliable information is available about different cancer types, treatments and living with cancer
- You can hear first-hand experiences from other people who have cancer or have finished treatment
- Having access to information can empower you to ask questions, and help you understand what you might need to discuss with your care team.

CONS

- The internet contains overwhelming amounts of information, some of which may be contradictory – and not all of which is reliable
- It can be difficult to find the level of detail you're looking for
- If you're already feeling low, it can be upsetting to read some things. Take account of how you're feeling before going online
- Medical terms and jargon can make reading tricky
- Lots of information comes from the US, which has a different healthcare system
- False claims are often made about miracle cures and treatments.

When looking online:

1. Limit the time you spend online – too much information can be a bad thing.
2. Only visit reliable websites. Look out for the Information Standard logo, which shows that information material is trustworthy. CLIC Sargent and other well-known charities like Macmillan, or the NHS are good places to start.
3. Be prepared to read things that you may not like or could upset you.
4. You may find it easier to read difficult information with a close friend or family member.
5. Be aware you're likely to remember negative things more than positive information.
6. Remember that numbers and statistics may be interpreted differently by different people.

All in one place

Our website has information about cancer types and treatment, as well as how cancer can affect your life, including relationships, finances and education. Just go to clicsargent.org.uk and click on 'Info and support for young people'

HOSPITAL LIFE

What's life like on a ward? It's hard to imagine if you haven't stayed on one before. It can take a while to get used to sharing your space with people and spending time in a clinical environment, but most people say that dealing with being bored is the worst bit! There are plenty of ways to keep entertained and to get something positive out of the experience, even if you have to stay there for a while. It's often the people you meet who'll make hospital life bearable, and maybe even enjoyable too!

GETTING TO KNOW WHO'S WHO

You'll no doubt meet a lot of new people in hospital. You'llsee some more than others but they all have different roles to play in your care, so it's good to find out who does what.

- **Your clinical nurse specialist (CNS)** – a nurse who is an expert on cancer treatment who can give you advice and practical support
- **Your consultant** – the senior doctor who is in charge of your overall treatment
- **Oncologist** – a doctor who treats people with cancer
- **Haematologist** – a doctor who specialises in blood disorders, including leukaemia (cancer affecting the blood)
- **Hospital multi-disciplinary team (MDT)** – led by a consultant, these professionals make decisions together about your treatment and care
- **Teenage and young adult multi-disciplinary team (TYA MDT)** – a team of professionals who specialise in the treatment of young people with cancer. They are available to advise your hospital MDT to help ensure you get the most appropriate treatment, care and support
- **Ward nurse** – they carry out day-to-day care and provide ongoing treatment, including giving injections and taking blood samples
- **Community or district nurse** – these nurses provide care at home, including any medication you may need

- **Diagnostic radiographer** – they take X-rays and scans to help diagnose cancer
- **Surgeon** – a doctor who carries out operations
- **Ward doctors** – these doctors will do most of your tests and treatments. You'll see them on a day-to-day basis.

Don't forget about us!

Remember that CLIC Sargent care professionals should be on hand to help you too. Young people's social workers and community workers will support you and help to keep life as normal as possible.

YOUR PLACE OF TREATMENT

At the moment your place of treatment might feel very new but you'll soon get to grips with it. Faces will become friendly and familiar, the procedures will become routine and you'll soon feel much more at home in your surroundings.

Where will I be treated?

It depends on things like your age and where you live, but it's something you'll definitely need to speak about with your consultant or clinical nurse specialist.

If you're aged between 16 and 18, your treatment should be at a Principal Treatment Centre (PTC) for young people. These are hospitals specialising in treating teenage and young adult cancer. You may also be treated in a PTC if you are 19 or over but it really depends on your diagnosis.

There is a checklist you can use at nhs.uk/young-cancer-care which helps you think through what is important for you. It also gives you the chance to print a list of things to discuss with your consultant or nurse specialist.

Your fertility

Some cancer treatments affect your ability to have children in the future and you may be offered the choice to visit a fertility clinic before treatment starts. To find out more, ask one of your care team. There's also heaps of advice and stories from other people on clicsargent.org.uk – just search 'fertility'.

What's the ward like?

Cancer wards can look challenging in the beginning. But remember that the most important things can be hard to see at first – like the caring professionals who will be there by your side, or the chance to form friendships that can provide a massive boost and a whole new layer of support. Teenage Cancer Trust has wards for young people in hospitals around the UK. To get an idea of what the wards are like, visit teenagecancertrust.org.

What are the facilities like?

Wards vary widely depending on where you are. But more often than not you'll have access to a day room where you can watch television and chat to others, and even a kitchen which can be a great opportunity to socialise while making yourself a drink or snack.

What about my privacy?

It might take a while to get used to sharing your space, but often people end up finding that being in the company of others really helps them get through. You should be able to have quiet time by yourself or with your family and friends. At the same time, some of the most valuable support comes from other people in a similar boat. So although you'll need privacy sometimes, try not to cut yourself off from those around you.

Will anyone be allowed to stay with me?

If you're treated on a children's ward, most will have a space for one person to stay while you're having treatment and some may also have rooms for other close family members. If you're treated on a young person's ward, you may be able to have one person stay overnight on your ward. While this may be less available on an adult ward, each hospital is different so check with your care team.

What if I don't like where I'm being treated?

It's never easy to adjust to new and unfamiliar surroundings. If you've had a negative experience, don't be afraid to talk to a member of your care team. They can help give you a clearer picture of what's going on. Sharing your thoughts and worries with the professionals looking after you could help put your mind at ease.

Patient Advice and Liaison Service (PALS)

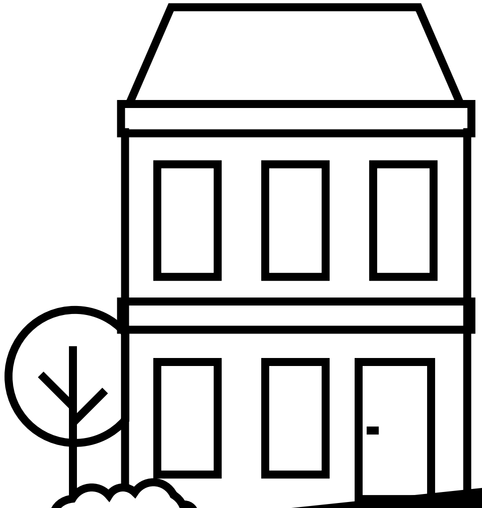
For any persistent problems, you may find it helpful to get in touch with your local PALS. It makes sure the NHS listens to patients, their relatives, carers and friends, and resolves concerns as quickly as possible. Visit nhs.uk and search for 'PALS' to find out more.

Staying near hospital

CLIC Sargent has Homes from Home close to some specialist hospitals across the UK. They provide free self-catering accommodation to avoid long journeys to and from hospital. If you're being treated at one of these centres you, your family or partner may be able to stay in a Home from Home while you are receiving treatment.

Each Home from Home is a short walk from hospital. They offer private rooms plus shared facilities that other guests can use, including a kitchen so you can cook your own meals and shared lounge areas to catch up with other residents who are going through similar experiences. Most Homes from Home have a separate teenage room, located away from the spaces for younger children and parents, with a TV, games console and other activities.

Subject to availability, you and your family or partner are welcome to stay at one of our Homes from Home free of charge, for as long, or as little as you need. To find out more speak to a member of your care team, or contact us on 0300 330 0803 or info@clicsargent.org.uk.



STAYING IN HOSPITAL

Life in hospital can be tiring and dull so it's normal to want to switch off. Try to keep your brain active by doing something you enjoy or even taking up a new hobby. And make the most out of the people around you – talking is often the best way to pass time and get the most out of it.

> "It's very important to keep yourself entertained and try and keep your brain active cause it's so easy just to switch off and just try and sleep the whole thing through."

Taking the essentials

There are plenty of things that might help to make your time in hospital more comfortable and combat boredom.

Here are some suggestions from other young people:

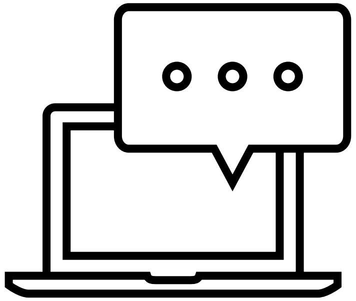
- Something snuggly for your feet like slippers or slipper socks
- Comfortable clothes like baggy t-shirts and joggers
- Smartphone or tablet. You could download some games or apps, digital books or podcasts to keep you busy
- Charger. Never forget the charger
- Puzzle and activity books. Mindfulness colouring books are a firm favourite right now
- Favourite snacks or drinks you'd like to have with you
- Headphones to listen to videos, music, audiobooks or podcasts – if you're listening on a smart device it's a good idea to make them available offline in case you have problems with the internet connection in hospital
- Essential toiletries. Moisturisers, hand cream and lip balm can be especially handy
- Notebook and pen
- Some cash in case there's anything you need from the shops – or you fancy a decent coffee!
- Books and magazines
- Photos or anything precious you want to have near you – especially something that makes you smile
- MP3 player, hand-held games console or portable DVD player.

Tech check

Electrical items, like phone chargers or laptop cables, should be tested before you can use them on the ward. Health care assistants on the ward can usually get this sorted quite quickly.

Staying connected

Many of us are used to having social media, emails, videos, search engines, online games and entertainment at our fingertips. Having access to all of this can feel even more important in hospital and it's frustrating if you can't get online. Some hospitals will offer wifi but if it's too expensive or you don't have access, you could check your phone's data plan or buy a dongle or SIM card.



Hospital parking

Travelling to and from hospital can be expensive, and the cost and availability of parking at hospital is something many people find to be a challenge. Disappointingly, not all parking at hospitals is free, although many will offer discounted season tickets (valid for weeks or months). Check your hospital's website for details, or speak to a member of your care team. For more about money stuff, check out page 62.

Visitors

Check with your hospital what their guidance is about people visiting you. If your hospital doesn't have fixed visitor times, it's worth planning for people to drop in at different points throughout the day. This helps to break up your time in hospital and can make days pass quicker. This will also help to avoid situations when visitors turn up at the same time and you can't spend quality time with anyone.

Sometimes there might be days when you feel too tired or just can't be bothered to see visitors. Ask people to text before they come so you can tell them how you're feeling. Your welfare is the most important thing, and they should understand if you need some time to yourself.

Food

You'll be provided with meals where you're treated, although your family and friends will have to make their own arrangements. Some wards now have their own chefs, which means you may be able to choose what to eat and when. Talk to your hospital team to see if this is available where you are being treated.

It's important to take notice of how you feel and any guidance from dietitians. Some ward food might not feel particularly appealing while you're being treated, so check with your ward if you or someone else can bring food in.

Special requirements

You should tell the staff if you have particular requirements, such as kosher, halal, vegetarian or gluten free.

Exercise

Regular, gentle exercise is often encouraged throughout cancer treatment, as many young people find it beneficial. Your care team or physiotherapist can advise you on a course of action that puts your health and welfare first. They'll also help you manage any other aspects of your lifestyle or personal care that are impacted by your treatment.

THE PEOPLE IN YOUR LIFE

There is no doubt that cancer will affect your relationships. Your bond with some will naturally strengthen, while others may become strained – especially if people start acting differently all of a sudden. Try to remember that the people close to you will probably be deeply affected by what's happening. The best advice is to try to talk about it together openly and honestly. This section should give you some good ideas about how to do this.

PARENTS AND CARERS

All families, and the relationships within them, are unique. We recognise that some young people may not always be close with their parents or carers, and you may want to focus on other relationships instead. For many parents/carers though, your diagnosis will be a shockwave in their lives.

How it affects them

Many parents/carers talk about the shock and devastation when their child is diagnosed, which can lead them to feeling protective towards you. This could be a comfort or it might feel stifling, especially if you're used to being independent. So it's important to make them aware of how you feel. By calmly and clearly explaining what it is you'd like from those who care for you, it's possible to establish boundaries and minimise the chance of issues coming between you.

Feeling guilty

Many young people will need their parents to care for them through treatment, such as providing money and a place to live, even if they've left home or were about to do so. This can feel like a backward step and result in feelings of guilt about any practical, financial and emotional pressures. If you feel this way, try talking with your parents. It's very likely they'll want you to concentrate on getting better, rather than worrying about things.

How do I talk honestly without upsetting them?

Talking about your cancer can be very emotional for everyone and yes, they might become upset. But usually the people closest to you will prefer that you are honest with them about how you feel. Even if it's difficult, it's better to get everything out in the open.

> "It's ok and normal to cry when talking to people about it. It helps them understand that it was difficult to tell them and that they are very important to you."

TOP TIP

If you have the opportunity, a good way to bring up serious or emotional topics with your parents is to do it in a calm environment while you're focused on another task, like preparing some food or travelling in the car. This could help you to ease into the conversation and make it feel less intense.

What support is there for my parents?

Whatever questions or concerns your parents have, they can always talk to a member of your care team for help. They can also look through the 'For parents' section of the CLIC Sargent website for guidance and information about the many ways cancer can affect a family.

Financial support

Direct your parents to clicsargent.org.uk and search 'What about money for parents' for comprehensive info about which benefits they could access and how to save money.

BROTHERS AND SISTERS

You might count your siblings among your best friends. Or you might not be able to stay in a room together for five minutes without arguing. Either way, you might find that the dynamic of your relationship changes as you go through this experience.

How it affects them

There's no doubt that your diagnosis will affect brothers or sisters. There will be some strong emotions flying around during this time, and the practical implications might have a big impact on their lives too.

This can naturally cause your relationship with them to develop and change. Your bond may strengthen and they may become a vital source of support to you. If they are a similar age to you, for example, they might prove to be a useful link to your usual life and you might be able to share things with them in a way that you couldn't do with your parents or even friends.

Or they may react in an unexpected way and start to behave out of character. Some can become overprotective; some can become withdrawn and quiet. They could be struggling to come to terms with your illness. Maybe they're feeling scared, angry, jealous, lonely, or simply feel left out from what's going on. Only they can say for sure. As ever, talking is likely to help you move forward. Even just hanging out together could help to normalise things for them, or give them a chance to open up.

Who can support my siblings?

It's important your brothers or sisters have someone they can talk to about how they're feeling about your illness. They may be able to do this with you, your parents, their partner or friends, teachers or support services at college or university.

Sometimes, though, it may be helpful for them to open up to a care professional. You could ask a member of your care team to talk to them, or they may suggest someone else who could help. Siblings may find clicsargent.org.uk helpful as well, as it features age-appropriate information about cancer and treatment for children and young people.

Support groups

Some hospitals have support groups for brothers and sisters. Your care team should have more information on whether this might be available.

FRIENDS

Breaking the news to your friends can be tough. It'll mean dealing with their reactions on top of the emotions you're already feeling. There's no real way to know how they'll respond. They might be amazing and super supportive. Or they could disappoint you.

How do I tell them?

The main thing to remember is that there's no right or wrong way to go about this. You could approach them directly, ask someone to inform them on your behalf, or you may not wish to tell anyone at this stage, and that's fine. Ultimately, it's your choice and good friends will always respect this.

What do I tell them?

However much you want to. Remember that you're in control of how much you wish to share about your cancer and treatment. Don't be afraid to say if you'd rather not go into detail about some things. But if they're keen to get informed, and if you're comfortable, you could show them pages about your cancer and treatment from our website clicsargent.org.uk.

Using social media

This might seem like a practical and effective way to spread the news more widely to your friendship network. However, it's worth thinking about this carefully first and considering whether there's anyone close to you who might be upset to find out in this way. Also, once you've put it out there in public it opens up a platform for people to make contact and ask questions, and this may not be something you feel like dealing with at the moment.

Dealing with reactions

When it comes to cancer, people sometimes respond in ways we don't expect. While some will be supportive and understanding, others may need time to come to terms with the situation. This can feel hurtful, especially if it seems like they're avoiding you or the subject, but chances are it's because they don't know what to do or say.

To help with this, you might want to make the first contact. Let them know that you're going through a tough time and that you really need them right now, and then give them a chance to process the news. Ultimately, your friends will recognise it took courage for you to speak up, while all the reasons you get along in the first place remain unchanged.

> "Reach out to the people you want to and be honest and say how you will need them. Then if they let you down, its not you, its them, they just cant deal with it."

Staying connected

You might find that some friendships become even more important. Having people around that you can count on for a laugh and a chat might just be what you need.

But it's also easy to become distanced. Your new routine can make it tricky to keep in touch in the same way. Making the effort to be in regular contact with friends and telling people again and again what's been happening can be draining. You won't always know the latest news and it may seem as though some friends are moving on with their lives. It might also be that you naturally drift apart as your experiences could mean you just don't connect with people in the same way.

It's normal for friendships to come and go. What matters is that you stay connected with the friends you value. Why not take the lead and ask them to come and visit you if you're up to it? Of course you can always call, message or even set up a blog, but nothing beats some quality time with people who make you feel good.

Staying in control online

Using social media, blogging or vlogging are great ways of keeping in the loop. Sometimes though, it can start to feel overwhelming because of the amount of questions or comments on your posts. People might ask or say things that feel intrusive, and remember that if you're posting publically, you run a risk of being 'trolled' or getting abusive comments.

Trolling

Some people post comments on blogs or social media specifically designed to hurt you. This is never acceptable and you don't have to put up with it. For some tips on how to deal with it, visit bulliesout.com

Don't feel you need to reply to every message you receive – and should you find yourself being trolled then don't give them the satisfaction of responding. Simply record what they've said, block that person and report it to a site moderator. Responding often just inflames the situation.

When it comes to your social media sites, you have the power to block and remove anyone who gives you grief, as well as the ability to adjust your privacy settings so it suits you.

For more information about staying in control of social media, visit bbc.co.uk/webwise or getsafeonline.org.

Online support groups and communities

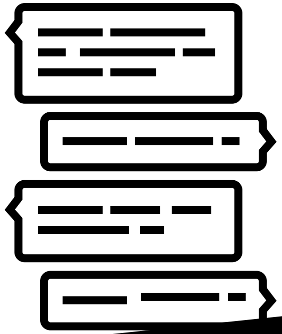
These are great places to connect with people who are going through, or have been through, a similar experience. Make sure the group you choose is moderated and run by a trustworthy organisation. Also, bear in mind that what you read or hear won't necessarily be reliable. Someone else's cancer experience is specific to them, just like yours is unique to you. If you don't feel comfortable, you can always leave. If in doubt, speak to a member of your care team.

Online support groups work well when:

- They provide moral support and understanding in a safe environment
- They reduce anxiety about treatment and side effects.

Be cautious when:

- Moderators don't suitably monitor a group
- Posts are highly negative without being balanced by positive feedback
- Posts claiming to be factual prove to have no scientific basis.



CLIC Sargent's Online Community

This is a safe space for young people aged 16 to 24 who have, or have had cancer, to share experiences and support each other. To get started go to clicsargent.org.uk/community or download the app on your smartphone or tablet by searching 'CLIC Sargent Online Community'. Use #helloimnew when you arrive.

Face to face support groups

If you want to meet other people with cancer who are of a similar age, a support group can be a great place to start. Meetings are usually held in hospitals, cancer support centres or community centres. You'll be able to ask questions, chat, and even forge friendships. Your CLIC Sargent Young People's Social Worker or Community Worker, or another member of your care team, can put you in touch with an appropriate group. Or visit macmillan.org.uk/in-your-area.

Get your voice heard!

We believe that you are best placed to tell us how to make our support even better. Our award winning Participation service has some fab opportunities for you meet other young people and share your experiences. The Young People's Reference group is for people from across the UK aged 15 to 26 to make sure their voices and ideas incorporated in all aspects of CLIC Sargent's work. Find out more on page 71.

Friends you'll meet in hospital

It's likely you'll get to know other people who have cancer and make friends with people going through similar stuff. These friends may become incredibly valuable and special as you support one another on your journeys.

So it can be particularly tough if a friend faces a setback in their treatment. If this happens, it's important to talk about your feelings with other friends in hospital or a member of your care team. Visit clicsargent.org.uk for more on this. On page 72 there are also details of how to find other organisations that may be able to help if you're struggling.

YOUR PARTNER

You might be casually seeing each other or committed life partners. But no matter what the shape of your relationship, cancer is bound to influence the bond between you. Even if things are rock solid, cancer is likely to throw some challenges your way. They key is to keep talking.

How it affects them

The truth is that your partner won't receive the same level of support as you, both practically and emotionally, which can make them feel alone in this. They might not know how to best support you. They may be under pressure to keep it together, while also having to deal with their own emotions. It's a tough role which they might do brilliantly, or you might struggle to keep in harmony with each other.

Be honest

The ability to talk openly with each other is crucial. Obviously this can be difficult under the circumstances, but as a couple you can aim to face any issues with a united front and go from there.

What support is available for my partner?

With the focus on your support needs, your partner may well find it hard to express any fears and feelings of their own. The fact is they are entitled to access the same support organisations as you during this time, including those listed on our website and your care team.

Financial support

If your partner becomes your carer during your illness they may also be entitled to financial support. See our section about money on page 62 for a better idea of what they could be entitled to.

Coping with changes

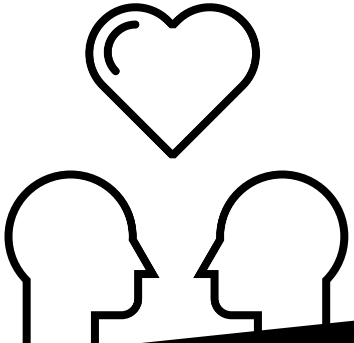
There's no right or wrong way to deal with the effects that cancer has on your relationship. Cancer has a huge impact on people's lives, and although some couples might grow stronger, sometimes relationships suffer as a result. You might grow apart, they might not be able to handle it or you could just end up wanting different things. It's never easy to deal with change, but if it gets to a point where you aren't happy, it's important you consider all your options. It's certainly no good staying together just because of your diagnosis, or because you feel you 'should'. Just make sure you find the support to help you through.

What about sex?

It's really important that you feel able to enjoy a normal life as much as possible. This can apply to sex as much as anything else – although remember that sex is always about informed choices and not compulsory in any relationship. In some cases having cancer can make sex more difficult, at least for a while. There may be medical reasons or you just might not feel like it with so much going on. This may well feel like an awkward issue to raise even with your partner. But being open and honest is key to helping you feel comfortable with each other. The key is to find a quiet time to talk things through while giving them every chance to respond. If anything, it could even bring you closer together.

More about relationships and sex

Our website has loads of frank advice from experts and young people about the effects of cancer on sex and relationships, body-confidence, how to talk about things, break-ups and where to get more support. Just go to clicsargent.org and search 'sex'.



YOUR CHILDREN

If you have children, it can be daunting thinking about how to tell them. You will be no doubt coping with your own strong feelings and may need a bit of time before having that conversation. But it's a good idea to be as honest as possible and to not leave it too long.

Speaking their language

Children have different levels of understanding. Even you know them best, it can still be hard to know what information they need and which words to use. If you aren't sure what to say, or how to say it, you can start by taking a look at one of CLIC Sargent's storybooks about cancer written especially for children. Although the stories are about children with cancer, they'll give you an idea of how things can be explained simply and clearly. Our young people's social workers can also give ideas and ways to explain and talk with your children.

Our storybooks

You can order our storybooks for children free of charge from CLIC Sargent's online publications library, as well as browsing through other resources that might be helpful at this time.

Help with childcare

Family and friends may well rally round when it comes to childcare. Even so, it can be a juggling act. You might need someone to step in at short notice if you feel unwell, for example, or need help with the children on a longer basis if you have to spend time in hospital.

Whatever's on your mind when it comes to childcare, speak to a member of your care team. If you have a CLIC Sargent Young People's Social Worker or Community Worker, they may be able to help you address the situation constructively and provide information on available support. By planning ahead as much as possible, you will feel more in control and have a greater say in who cares for your child when you can't.

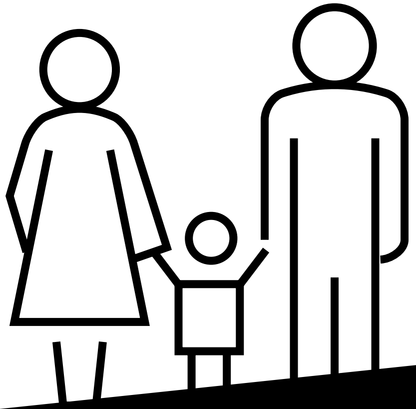
Financial help

The cost of childcare fees can be difficult to meet with the other financial pressures of cancer. There is help available – such as benefits, vouchers and employment rights – along with info about how to access them listed on clicsargent.org.uk. Just search 'benefits young parents'. You can also have a look on your local council's website or visit gov.uk or nidirect.gov.uk

Taking breaks

Caring for children can be tiring so it's important to build in breaks in order to rest and recharge. It can feel particularly upsetting at this time but it's no reflection on your commitment as a parent. You're going through a tough time right now, and giving yourself some space can benefit you all later.

At the same time, when you feel up to it, you'll find it can be nourishing to spend quality time with your children. Being reminded of their love and affection can give you a big boost and could help put your illness to the back of your mind.



KEEPING ON TOP OF THINGS

Some of the worries you had before your diagnosis might seem pretty insignificant now. But life doesn't stop for cancer and it can still be important to tackle the practicalities that come with education, work or finances. Whether you want to keep heading in the same direction, put things on hold, or change your plans completely, there's a whole host of people, services and legislation to support your choices.

Cancer and disability

You may not think of yourself as having a disability. But as someone with cancer you automatically meet the legal definition of 'disabled' from the day you're diagnosed*. You don't have to accept the word 'disability' as a label, but this legal protection is crucial in making sure you get the support you need throughout your illness and beyond.

*Under the Equality Act 2010 in England, Scotland and Wales and the Special Educational Needs and Disability Order (SENDO) in Northern Ireland.

YOUR EDUCATION

If you're a student, you may be wondering about being able to stay in school, college or university once diagnosed with cancer.

Can I keep studying?

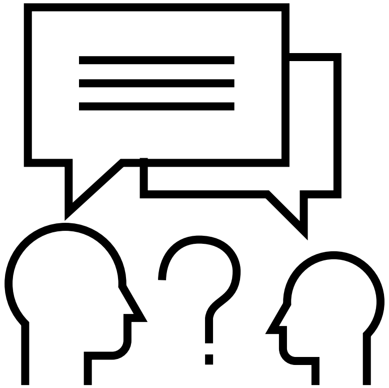
It really depends on your particular situation. The effects of treatment, particularly fatigue, can make it tricky but it's often possible to continue with a course – and keeping a routine can be steadying. Just make sure you get the right support and flexibility to help you.

Before you start treatment, your consultant or nurse should be able to give you an idea of how your education will be impacted, and you can go from there.

Your decision right now doesn't have to be final. Keep revisiting your situation with your college or university, and consultant as you may become more or less able to keep up with your studies during treatment.

We're here too

Talk through your options with your CLIC Sargent Young People's Social Worker or Community Worker, if you have one, or speak to us on 0300 330 0803. You can also go to clicsargent.org.uk and search 'education and training' for more advice about your education.



Alternative ways to continue studying

You don't necessarily have to continue with your studies in the same way as before. It's worth knowing, before you make a decision, that there are other ways to carry on learning in a way that's better for you:

STUDYING IN HOSPITAL

Your college or university may be willing for you to continue studying while in hospital. You can ask for work to be sent to you or access your work online. If you're well enough, you could even take up a new online course. This could even help to relieve the boredom!

STATUTORY HOSPITAL EDUCATION

Most children's cancer hospitals have education departments that can support young people in compulsory education while they're in hospital, so this may be available to you if you are of school age. A hospital teacher, or one of the people caring for you, will usually contact your place of education and make a plan for your education.

HOME TUITION

If you're in compulsory education but not well enough to go to school, you may be entitled to home tuition. Depending on where you live, you might be offered online learning. Your local authority can provide more information about this.

I want to stay in education. What support can I expect?

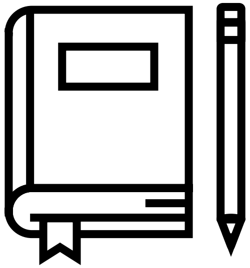
If you're well enough to continue attending your school, college or university, it's really important to know how they can, and should, support you. Education on treatment doesn't have to be a struggle:

REASONABLE ADJUSTMENTS

The Equality Act says that schools, colleges and universities have a legal duty to provide you with the support you need to access your course and fulfil your potential. 'Reasonable adjustments' could include: allowing flexibility over attendance and punctuality, extra time for coursework, support from welfare and counselling staff or a designated parking space at the university.

Reasonable adjustments

The SENCO at your school, or the learning support or disability adviser at your college or university, is another good starting point in helping to identify helpful adjustments. Your care team could also help with this.



EXAMS

Special arrangements can also be made for exams. Visit our website and search 'exams' for advice about getting help and your rights.

BENEFITS AND GRANTS

Student life doesn't come cheap, especially if you're living away from home. It's worth looking through the government benefits available to see whether you can get some help to take the pressure off. These include:

- Bursaries, scholarships and awards
- Disabled Students' Allowances
- 16 to 19 bursaries
- Discretionary Learner Support
- Education Maintenance Allowance

Find out more

Search 'benefits for students' on the CLIC Sargent website for more information on each of these benefits, or contact our contact our welfare advice service on 0800 915 4439 or welfareadvice@clicsargent.org.uk

Putting studying on hold

Make sure you talk to your young people's community worker or social worker, or a member of your care team, as they could help you find ways to keep engaged with education and your community life, even if you are unable to physically attend.

LETTING PEOPLE KNOW

If your consultant tells you it's going to be difficult for you to attend school, college or university during treatment, someone will need to get in touch with them to ask for your place to be kept open until you are back from treatment. You don't have to say when you'll return, as this can be decided when you know more about your treatment or start to feel better. They should be sympathetic to your situation and provide you with any support you need.

STUDENT LOANS AND TUITION FEES

You may have questions like, how do I sort out my student loan? Will it affect what I'm charged for student fees? Contact your student finance company to tell them about your situation. This will help minimise the amount you're charged for tuition fees if you can't continue with your course.

Contacting your student finance company

Visit the Student Loans Company website at slc.co.uk/students for contact details of UK loan providers.

It's also important to speak to your disability services team at your university to clarify whether they regard what you're doing as 'suspending your studies' or 'withdrawing from education completely'.

RENTAL AGREEMENTS

If you're renting a place to live while at university but can no longer attend your course, try speaking to your landlord to see whether they'll cancel your contract because of your situation. The CLIC Sargent welfare advice service can give you advice on this.

THINKING POSITIVELY

There's no two ways about it – having to put your life on hold can be really frustrating, especially when everyone else seems to be moving forward. But remember that you never know what opportunities could open up to you. Just be sure to keep talking – you'll find plenty of people wanting to support you through this.

What happens when I'm ready to return?

It's your choice when you return to education. When you feel ready, speak to your place of education about what you'd like to do. Try to explore all the options. For example, if you were studying at school when you became ill then you may be allowed to take resits, or you might decide to attend your local college instead to finish your qualifications. The same flexibility can also apply at university, so it's always worth exploring your options.

You're bound to feel anxious about going back if you've had time away. To make this easier, here are a few tips

- Speak to someone about any worries you have. They can give you support and help you prepare
- Think about going in part-time or for a few lessons each week, gradually building up your hours over time
- Propose practical things that will make life easier, such as recording lessons or lectures or clearing things so you can leave if necessary without having to ask
- Explore getting an assessment of your needs to make your return as easy as possible. Your place of education has a legal duty to act on any recommendations
- Consider letting teachers, lecturers or other students, know about your situation. Telling them beforehand may help to avoid awkward situations, such as explaining why you need to leave early
- Have a look at benefits for students on page 53 to ensure you've got all the financial help you need.

What if I don't want to return?

This decision shouldn't be taken lightly, as it could make a big difference to your life now and long into the future. Talk it through with someone before speaking to your place of education about not returning. Your CLIC Sargent Young People's Social Worker or Community Worker can discuss with you what your next steps could be, including options regarding future careers, training, apprenticeships, further and higher education, or returning to education in the future.

YOUR WORK

We would like to think that all employers will be supportive of young people in your situation. Mostly this is the case but experiences do vary. That's why it's important to know your rights and equip yourself with the facts.

What should I tell my employer?

It's likely that you'll need to take time off work at some point, or alter your working pattern. By law you don't actually have to tell your employer that you have cancer but it makes sense to be open with them about your illness, as they are obliged to offer you practical support. This could include flexible working hours, alterations to your role, time off work or keeping your job open for your return from treatment. Your manager, or HR department, should try to accommodate your needs.

The Equality Act

You are backed up by the law. It is illegal for your employer to discriminate against you because of your cancer or treatment, due to the Equality Act 2010 and Special Educational Needs and Disability Order (SENDO) in Northern Ireland. If you encounter any problems, you can contact the Equality Advisory Support Service on 0808 800 0082 or the Equality Commission for Northern Ireland on 028 90 500 600.

TOP TIP

You and your employer may be able to receive support from the Access to Work scheme. This can provide advice and support with extra costs which could arise because of your needs. Visit gov.uk or nidirect.gov.uk for more information.

Will I get paid while I'm off work?

The first step is to speak to your manager or HR department about whether your employer has a sick pay scheme. If they do, find out what entitlements you can receive and for how long. Even if they don't, you could still receive Statutory Sick Pay (SSP).

Find out more

Go to clicsargent.org.uk/workrelatedbenefits for more about your entitlements. If you'd like to speak to someone, our welfare advisers can answer your questions on 0800 915 4439 or welfareadvice@clicsargent.org.uk.

What happens when I'm ready to return?

It's common to feel anxious about going back to work. Returning to 'normal' can be daunting. So when you feel ready to go back – and your doctor agrees – let your employer know. Ask for a pre-return to work meeting to discuss a plan for your return and any adjustments you need to be made, such as a phased return to work or flexible hours. At this meeting, it might be helpful for someone to accompany you, such as a union representative, someone from your HR department or a colleague. Don't forget you have legal rights regarding adjustments that could help you get back to work and continue with your job.

What if I can't return to work because of my illness?

It can be particularly tough if your cancer or treatment stops you from returning to your workplace, or pursuing a career. Make sure you talk to someone who can listen to your worries and concerns. They can help look through your choices and options, and help you start thinking about making another plan. If you need help dealing with this, page 72 will direct you to organisations who could support you.

What if I'm self-employed?

It's normal for people to have worries about money and work after their cancer diagnosis. This can be tough for anyone, but may seem especially significant if you're self-employed. To get help, we recommend you speak to a welfare adviser on 0800 915 4439 or welfareadvice@clicsargent.org.uk.

What if I'm unemployed?

If you're unemployed and registered with Jobcentre Plus when you're diagnosed, you need to let them know if you are no longer able to work. A member of your family, your partner, or a CLIC Sargent Young People's Social Worker or Community Worker (if you have one) could do this for you if you can't.

Financial help

There are a range of benefits for people with health conditions and those in difficult financial situations that could help take the pressure off. They are outlined and explained simply in the next section and online: clicsargent.org.uk/understandingbenefits. You can also speak to one of our friendly advisers at the CLIC Sargent welfare advice service on 0800 915 4439 or welfareadvice@clicsargent.org.uk.

YOUR FINANCES

As if just having cancer isn't enough to deal with, cancer will inevitably bring extra costs. Travelling for treatment, increased energy bills and spending time in hospital can be expensive business. We know this can be hugely stressful for young people and their families, especially if they've had to reduce their working hours as well. But you aren't alone and there is help out there.

How CLIC Sargent can help

We know cancer costs. The fact is that financial pressures can affect your ability to cope. We don't think that's right or fair.

Our commitment

Our *Cancer costs* report raises awareness about the extra costs of cancer and recommends how support could be improved or put in place. You can read it online and join our campaign. Just go to clicsargent.org.uk and search 'cancer costs'.

CLIC SARGENT GRANTS

Every young person diagnosed with cancer can apply for a CLIC Sargent grant to help with immediate costs. Apply on our website at clicsargent.org.uk by searching 'grant application' or speak to a member of your care team. They can approach other charities to try and access other grants for you too.

CLIC SARGENT'S WELFARE ADVICE SERVICE

Our friendly welfare advice team are on hand to offer with financial guidance, helping with anything from understanding and applying for benefits, unpicking your financial situation as a student and guidance on meeting household expenses. You can speak to one of our advisers at the CLIC Sargent welfare advice service on 0800 915 4439 or welfareadvice@clicsargent.org.uk.

OUR ONLINE INFORMATION

Help is available in the form of benefits, allowances and grants. These are explained through the What about money? section of our website: clicsargent.org.uk/whataboutmoney.

SPEAK TO US

For help with any of the above, you can contact CLIC Sargent directly on 0300 330 0803 or info@clicsargent.org.uk.

Can I claim benefits?

There are a range of different benefits that could help ease the financial pressure for both people with health conditions and disabilities, and people on low incomes. However, we know that the benefits system can be confusing at times. Here are the main four that may apply:

- **Disability Living Allowance (DLA)**. This is a benefit for children under 16 who have a serious illness or disability. It helps towards the extra costs that a serious illness – like cancer – may bring.
- **Employment Support Allowance (ESA)**. ESA is a benefit that helps people over the age of 16 whose health condition or disability affects their ability to work. ESA is normally received after Statutory Sick Pay has been paid, which can be for up to 28 weeks.
- **Personal Independence Payment (PIP).** This benefit is for people aged 16 to 64 who have a health condition or disability, whether in or out of work. It is there to help young people live as independently as possible and deal with extra costs that often come with having a health condition.
- **Universal Credit (UC).** Universal Credit is a monthly payment for people who are looking for work or on a low income. Extra funds are available for people with a disability or health condition, childcare costs or caring responsibilities. This means that parents supporting their child can apply, as well as young people aged 18 or over.

Depending on your circumstances, you may also be eligible for further support such as:

- **Carer's Allowance**
- **Statutory Sick Pay**
- **Income Support**
- **Working Tax Credit**
- **Housing Benefit**
- **Council Tax Reduction**

Go to clicsargent.org.uk/understandingbenefits for a simple explanation of all the help available and factsheets on applying for PIP, DLA, ESA and Universal Credit.

If you're a parent

Childcare costs can be even more difficult to meet when you are having treatment for cancer. Extra help is available and is outlined at clicsargent.org.uk/benefitsforparents.

One-off grants and payments

If you are finding it difficult to budget for emergency or one-off expenses because you're a student or on a low income, you may be entitled to help from the Government.

The Social Fund offers one-off payments and loans to help ease exceptional financial pressures on families receiving a qualifying benefit, such as Income Support or income-based Jobseeker's Allowance.

You could also take advantage of Short-term Advances (providing an advance of your future benefit payment) and Disabled Facilities Grant if you need to make changes to your home to improve accessibility, for example.

Money saving tips

As well as looking into receiving financial support, it's worth considering other strategies to save money along the way – whether by your own initiative or through various schemes. For example, many energy providers give support to help people with cancer with their household costs, so it's important you tell them about your situation.

You can visit clicsargent.org.uk and search 'saving money for young people' for ideas on where to save, how to budget and deal with debt. Here are some things you might want to look into for starters:

Travelling for less

If you don't live near to where you're being treated you may have high travel costs, and could be eligible to receive help with expenses or specific vehicle needs. If you're on a low income, the Healthcare Travel Costs Scheme could help with travel costs.

Mortgage

Speak to your mortgage provider and check whether you have payment protection on your mortgage if you're diagnosed with cancer. Your local Citizens Advice Bureau will also be able to advise you. You may also be able to get some help with your mortgage costs if you are claiming certain types of benefit. If you are living with your parents, you may be included on their mortgage payment protection insurance.

Life insurance

Check if your life insurance policy includes serious illness cover. You may be able to make a claim.

Motability Scheme

Depending on your circumstances, the scheme may be able to help you with the cost of buying, leasing or adapting a car. It may also be able to help with the cost of driving lessons. Visit motability.co.uk for more information.

Concessionary fares and parking

Concessionary fares are sometimes available when travelling on buses and national rail services. The Blue Badge scheme provides help with parking. Visit gov.uk/transport-disabled.

Help with prescriptions and other health-related costs

You may be entitled to help with the costs of the following NHS services: prescriptions, dental care, eyesight tests, wigs, glasses and contact lenses. The financial help available varies depending on where you live in the UK. Visit nhs.uk for more information.

WE'RE HERE FOR YOU

We at CLIC Sargent believe that it's important that you are given the support you need, not to just 'get through' cancer, but to make the most of opportunities that come your way and to keep aiming for whatever it is you want. We know you're doing the difficult bit, but part of our job is to make sure you can live life to the full – whether that's with cancer or beyond. Here's how we, and some other great organisations, can help you to do just that.

CLIC SARGENT – SUPPORTING YOUNG LIVES AGAINST CANCER

We know that hearing you have cancer is difficult at any age, but for young people it can be particularly tough. As well as having to get to grips with cancer, you may be dealing with major things like exams, a new job, worries about money, or starting a relationship. We'll help you cope with all of this and more. CLIC Sargent can help you to:

- **Share your worries:** Our young people's social workers and community workers are experts at listening. They can help you make the right choices for you, whether that's about your education, work or anything else.
- **Get hold of helpful information:** Our clear and trustworthy online information, videos and booklets explain how cancer can affect your life and offer ways to deal with the impact. Go to clicsargent.org.uk where you can download or order booklets for free.
- **Take part in an event in your region:** Join team young lives and help CLIC Sargent help people like you! From a sporting challenge to organising your own fundraising event, there's something for everyone. You or your friends and family can sign up to one of the many activities online.
- **Deal with the costs of cancer:** You don't need to face the extra costs of cancer alone. We can provide you with a grant and help you get financial support from other organisations. We can also help you find out the benefits you can apply for.
- **Stay in our free accommodation:** Our Homes from Home are close to specialist cancer hospitals around the UK. You and your family can stay for free and avoid having to travel long distances for hospital visits.
- **Attend one of our social events:** In some parts of the UK, we organise social events that bring young people with cancer together, face-to-face. These can be brilliant for sharing experiences, receiving helpful tips and making new friends.
- **Get some sound advice:** We offer some performance opportunities, music workshops and recording sessions. Experience and ability doesn't matter – it's all about having fun, learning skills and building confidence.
- **Get your voice heard:** We believe that young people who have had cancer are best placed to shape and influence our work. We invite and support you to share your views to help inform the services we provide. Find out more at participation@clicsargent.org.uk.

USEFUL ORGANISATIONS

Although we can offer you lots of good advice about managing cancer and its impact, we know that sometimes you'll need specialist help for specific issues. We've put together a comprehensive online list of organisations that can help with:

- Support groups
- Cancer support
- Emotional support
- Fertility
- Financial and legal issues
- Health
- Housing
- Parenting
- Personal appearance
- Politics and engagement
- Relationships and sex
- Volunteering
- Work and further education

Just go to clicsargent.org.uk and search for 'useful organisations'.

CANCER INFORMATION AND SUPPORT

For more general information and support about cancer, here are some other national organisations that can offer guidance, advice and practical help:

Cancer Research UK

cancerhelp.org.uk ■ Freephone: 0808 800 4040

Cancer Support Scotland

cancersupportscotland.org ■ Freephone: 0800 652 4531

Children's Cancer and Leukaemia Group

cclg.org.uk

Healthtalk.org

healthtalk.org

JTV Cancer Support

jtvcancersupport.com

Macmillan Cancer Support

macmillan.org.uk ■ Freephone: 0808 808 0000

Maggie's

maggiescentres.org ■ 0300 123 1801

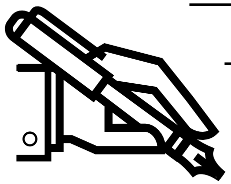
NHS Choices

nhs.uk

Teenage Cancer Trust

teenagecancertrust.org

Notes



Cancer isn't fair, but it doesn't have to take over completely. CLIC Sargent is a charity dedicated to supporting young people like you. We've written this booklet to help you after your diagnosis.

YOUNG LIVES vs CANCER

CLIC SARGENT

Health & care information you can trust

The Information Standard ✓ Certified Member

CLICSARGENT.ORG.UK