



Helpful contacts: Teenagers and young adults

This leaflet provides details of organisations that offer information and support to teenagers and young adults with cancer.

For **information and support**, visit or call:

Lynda Jackson Macmillan Centre

Mount Vernon Cancer Centre

Mon–Fri: 9.30am–4.30pm

Telephone: **020 3826 2555**

For details of other local support centres, visit:

www.ljmc.org/information/support-centres

For **urgent advice** about treatment and side effects, call:

Mount Vernon Cancer Centre (MVCC)

24hr Emergency Advice Line: **07825 028855**

For **appointment and other enquiries** call:

0333 332 5470

Useful organisations

Children's Cancer & Leukaemia Group

Professional body for people involved in the treatment and care of children with cancer.

Tel: 0333 050 7654

www.cclg.org.uk

Shine Cancer Support

Support, information and networks for cancer patients in their 20s, 30s and 40s

www.shinecancersupport.org

Teenage Cancer Trust

Improves the cancer experience for young people aged 13–24 years

www.teenagecancertrust.org

Trekstock

Support for young adults in their 20s and 30s including events, exercise programmes, meet-ups (online and face-to-face)

www.trekstock.com

Young Lives vs Cancer

Support, information and guidance for young people and their families

Tel: 0300 330 0803

www.younglivesvscancer.org.uk

Other information about cancer

Cancer Research UK

Funds research into cancer; provides information on cancer and its treatments

Tel: 0808 800 4040

www.cancerresearchuk.org

HealthTalkOnline

Website with videos in which patients share their experiences of cancer including videos by young people

www.healthtalk.org

Macmillan Cancer Support

Provides information on all aspects of cancer and its treatments including medical, practical and financial issues.

Tel: 0808 808 0000

www.macmillan.org.uk

Macmillan Online Community

Anonymous, free network of people affected by cancer; join and get support from others

community.macmillan.org.uk

NHS website

www.nhs.uk

Holidays and breaks for young cancer patients

Donna's Dream House

Free holiday experiences in Blackpool for children and teenagers with life-threatening illnesses and their families
www.donnasdreamhouse.co.uk

Ellen MacArthur Cancer Trust

Rebuilds young people's confidence after treatment through sailing and outdoor activity (for 8-17 and 18-24 year olds)
www.ellenmacarthurcancertrust.org

Sail 4 Cancer

Provides water-based respite days and holidays for families affected by cancer.
www.sail4cancer.org.uk

Teens Unite

Brings together young people (aged 13-24) for social, emotional and physical support through workshops, activities and residential stays
www.teensunite.org

Willow Foundation

Works with seriously ill young adults aged 16 to 40 to fulfil uplifting and unforgettable Special Days
www.willowfoundation.org.uk

Youth Cancer Trust

Provides support and free holidays in Bournemouth for teenagers and young adults (aged 14 to 30) with cancer
www.youthcancertrust.org

Other information

Brook

Sexual health and wellbeing help and advice for under 25s
www.brook.org.uk

JTV Cancer Support

Videos made by young people affected by cancer (funded by the Teenage Cancer Trust)
www.jtvcancersupport.com

Little Princess Trust

Provides free real hair wigs to young people (up to 24 years) who have lost their own hair through cancer treatment
www.littleprincesses.org.uk

After treatment

Take Control

This is a 3-hour workshop for cancer patients who have finished, or are just about to finish treatment. It focuses on practical and emotional skills, self-management techniques and coping strategies to help you move forward and 'take control' of life after treatment has finished.

HOPE

A course that helps people who have had cancer to move on with life after treatment. It runs for six weeks, 2½ hours a week. The course aims to enable people to cope emotionally, psychologically and practically by focusing on building on their existing strengths.

For dates and details of courses, contact:

Lynda Jackson Macmillan Centre

020 3826 2555