# YOUR LIFE AFTER TREATMENT

TEENAGE
CANCER
TRUST

# ABOUT ME

**It can be useful to keep all your important bits of information in one place. Feel free to fill out the sections below with your details if you'd like to.**

There's also space on page 10 to fill out more specific details about your diagnosis, treatment and other important information you need to keep note of after you've finished treatment.

Name:............................................................................

Age:..............................................................................

NHS number:................................................................

Treatment centre:......................................................

Key worker name:......................................................

Key worker contact phone number:.................................

Emergency contact name:...........................................

Emergency contact phone number:..................................

**NOTE:** We use the word 'carer' to recognise anyone who is in the position of supporting a young person. We acknowledge that some people might not have a strong parental or carer relationship (particularly if over 18) and want to highlight that you can always turn to your care team for support.

# CONTENTS

# ABOUT US

**Every young person aged 13-24 who is diagnosed with cancer will need specialised care and support to get them through it. We're the only UK charity dedicated to meeting this vital need – so no young person faces cancer alone.**

We offer unique care and support, designed for and with young people. We fund specialised nurses, youth workers and hospital units in the NHS, so young people have dedicated staff and facilities to support them throughout treatment.

We also provide easy-to-understand information about every aspect of living with cancer as a young person – you can find more of that in this book!

You can find out more about Teenage Cancer Trust on our website:

**teenagecancertrust.org**

“I think it all hit me at once. While you’re going through treatment you’re in survival mode, but once the physical threat is over, you’re left with the mental and emotional aftermath of it all. It’s like: ‘What’s just happened?’ You’re trying to adjust to life again and wondering where do you go from here.”

Amy

# FOREWORD

## This book has been developed with the inspiration, creativity and ideas of other young people who have been through cancer treatment.

Among them are the Teenage Cancer Trust Youth Advisory Group. This group supports with lots of projects across Teenage Cancer Trust and they've put a lot of work into helping us develop this book. The members of this group all joined because they wanted to make a difference for young people like themselves.

It's vital that we're led and advised by experts who know what it's like to be a young person dealing with cancer treatment. They don't just tell us what they think – they directly shape the support we provide to young people.

They'd like to take this opportunity to tell you a bit more about what this book is for and how you might want to use it. These are their words...

### Hey!

"While we might know how it feels to be where you are now, we don't know how exactly you feel. You might know other people who are in a very similar situation to you, and others who are having a totally different experience. Don't forget that everyone's experiences and feelings are equally valid.

"Getting to the point you're at now is an achievement. At whatever stage you're using this book you have something to be proud of. It's really important to remember that. You might find this next step is an adjustment and that's completely understandable. You might have got through the bulk of your treatment now but, if you've got more to come – this book is still for you. It's here to offer support to everyone who has experienced cancer treatment at whatever stage in their life they're at.

"Whether you use this book every day, dip in and out of it as you fancy or put it on a shelf and don't look at it for five years, that's absolutely fine. The main thing to remember is that you can use it in whatever way works best for you.

"While you know where you're at and how you feel on any given day – other people might not understand. They might ask questions or make comments you're not comfortable with. You might want to keep this book to yourself, or you might want to lend it to friends and family to share some of your experiences with them and it could help answer some of their questions without you having to explain yourself. It's up to you!

"We want to acknowledge that just because you're reading this it doesn't mean your diagnosis will no longer impact you. You might still have strong feelings about it, they might be starting to fade or you might be feeling lots of ups and downs. That's OK. It's your life and however you feel is all right. Concentrate on looking after yourself and speaking to the people you trust and who care about you. Your mental health is just as important as your physical health.

"We know this book isn't going to be "one-size-fits-all" but it can be a starting point for this new part of your life. There are so many other resources and sources of help and support around. It's about figuring out what works for you!"

*Be kind to yourself,*

The Teenage Cancer Trust
Youth Advisory Group

# YOUR STORIES

## Every cancer experience is as unique as the person going through it.

Reading young people's cancer stories can be inspiring, moving, and provide support for those facing diagnosis or treatment.

Throughout this guide you'll see quotes from young people who have been supported by Teenage Cancer Trust as they share bits of their stories, in their own words.

If you'd like to share your story of your experience of cancer with us too then we'd love to hear from you.

**Email us on stories@teenagecancertrust.org** to find out how you can be involved.

# YOUR END OF TREATMENT SUMMARY

# YOUR CARE TEAM

**Once you've finished your cancer treatment it's quite likely you'll still have to go to appointments and check-ups.**

You might be feeling overwhelmed with all the information that you're being given at the moment. It can be hard to keep track of everything when there's so much to remember.

One of the reasons we created this book was to help you with exactly this. We wanted to create a space for you to be able to keep track of anything and everything you've been told.

## Clinical nurse specialist (CNS)

Name:.......................................................................

Phone number:...........................................................

Out of hours contact:..................................................

## Consultant

Name:.......................................................................

Phone number:...........................................................

## Dietitian

Name:.......................................................................

Phone number:...........................................................

## General Practitioner (GP)

Name:.......................................................................

Phone number:...........................................................

### Occupational therapist

Name:

Phone number:

### Supportive care team

Name:

Phone number:

### Physiotherapist

Name:

Phone number:

### Psychologist and/or counsellor

Name:

Phone number:

### Social worker

Name:

Phone number:

### Surgeon

Name:

Phone number:

### Youth Support Coordinator

Name:

Phone number:

# YOUR DIAGNOSIS AND TREATMENT

## Diagnosis details

**Date of diagnosis:**

## Type(s) of treatment

Type:
Date:

Type:
Date:

Type:
Date:

Type:

Date:

Type:

Date:

Type:

Date:

## Side effects experienced

## Possible late effects to be aware of

## Fertility clinic details (if needed)

Name:

Phone number:

Address:

# YOUR NEXT APPOINTMENTS

Date: ................................................................................
Time: ................................................................................
Location: ................................................................................
Contact name: ................................................................................
Contact number: ................................................................................

Date: ................................................................................
Time: ................................................................................
Location: ................................................................................
Contact name: ................................................................................
Contact number: ................................................................................

Date: ................................................................................
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Date:

Time:

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Date:

Time:

Location:

Contact name:

Contact number:

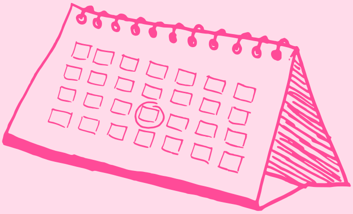
Date:

Time:

Location:

Contact name:

Contact number:



# YOUR NEXT SCREENINGS

**After you've finished treatment you might still need to have some more screenings and check-ups. You can keep track of these appointments using the spaces below.**

**Screening type:** ...........................................................

Date: ...........................................................

Location: ...........................................................

**Screening type:** ...........................................................

Date: ...........................................................

Location: ...........................................................

**Screening type:** ...........................................................

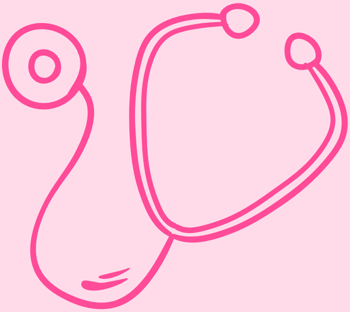
Date: ...........................................................

Location: ...........................................................

**Screening type:** ...........................................................

Date: ...........................................................

Location: ...........................................................



**Screening type:** ..................................................

Date: ..................................................

Location: ..................................................

**Screening type:** ..................................................

Date: ..................................................

Location: ..................................................

**Screening type:** ..................................................

Date: ..................................................

Location: ..................................................

**Screening type:** ..................................................

Date: ..................................................

Location: ..................................................

# YOUR REFERRALS

**After you've finished treatment you might be referred on to other departments to help you with any of the side effects or late effects of cancer you're experiencing. Make a note of them using the space below:**

**Department:**

Date:

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**Department:**

Date:

---

**Department:**

Date:

---

**Department:**

Date:

---

**Department:**

Date:

---

**Department:**

Date:

# YOUR MEDICATION

**If you're currently having treatment for cancer or any related after effects, then you can get an exemption certificate which means you won't have to pay for your prescriptions.**

This is called a 'medical exemption certificate'. You can ask your GP, pharmacist or hospital care team for an application form to apply for your certificate.

**Search:** 'free prescriptions' on **nhs.uk** to find out more about whether you need to pay for your medication.

You can keep a note of any regular medication you've been prescribed below:

**Medication name:**..............................................................

Dosage:..............................................................

**Medication name:**..............................................................

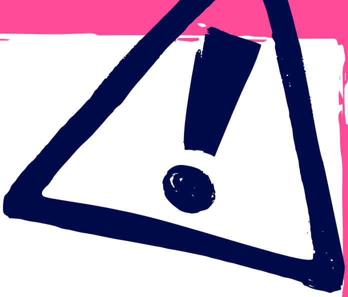
Dosage:..............................................................

**Medication name:**..............................................................

Dosage:..............................................................

**Medication name:**..............................................................

Dosage:..............................................................



# ALERT
# SYMPTOMS

**If you notice any of the symptoms below then you should call your care team and let them know:**

- ...........................................................................
- ...........................................................................
- ...........................................................................
- ...........................................................................
- ...........................................................................
- ...........................................................................
- ...........................................................................

**There are some symptoms which mean you might need to get medical attention as soon as possible. If you notice any of the symptoms below you should call 999 straight away:**

- ...........................................................................
- ...........................................................................
- ...........................................................................
- ...........................................................................
- ...........................................................................
- ...........................................................................
- ...........................................................................

# OTHER IMPORTANT INFORMATION

> “I have to explain to people why I don’t want to stay out too late as I need to get home to take my medication, or that I don’t want to do something that really exerts me as that will take it out of me for a few days.”
>
> *Hex*

# WHAT *YOU* NEED TO KNOW

## In this section we'll be covering some of the things young people with cancer and the healthcare professionals who work with them told us are important to know when you finish treatment.

The information you'll find in this book is just a starting point, we've got much more detail on all of these topics on our website.

You can scan this QR code to go to the **'After cancer treatment'** section on our website. We'll also let you know throughout the guide where specifically you can find more detail on certain topics.

# We want to hear from you!

The benefit of having lots of information on our website is that we can constantly add to it, update it and improve it. We would love to have your help in doing this.

Do you think there's something missing from the information on our website? Have you got a really useful tip that you think would help other young people? Or, are you looking for more detail on something we've already covered? Let us know!

You can get in touch with the Information Team by emailing us on **healthinfo@teenagecancertrust.org** – we'd love to hear from you!

We often ask young people to share their tips for others on our social media channels too.

Follow us on Instagram **@teenage_cancer** and keep an eye out for your chance to get involved!

> “I was referred to a nurse called Danielle after my treatment finished. She helps young people with the late effects of cancer and treatment and she has been really supportive. She’s always on the end of the phone if I need anything and has supported me a lot emotionally after treatment. I feel reassured knowing I have the support from Danielle when needed. She goes out of her way to help and support you when she can.”
>
> **Laura**

## Late effects

You might experience some side effects from your treatment, depending on what type of treatment you've had. There's also a chance you could still get side effects a long time after your treatment has finished, these are called 'late effects'.

This doesn't happen to everyone and it doesn't mean your cancer is back. But if it does happen to you, it can be frustrating.

Late effects of cancer treatment come about because some cancer treatments, including surgery, radiation therapy, bone marrow transplants and some types of chemo, can do damage to healthy cells as well as cancerous ones. They can also happen because you're young and still growing. And this can cause problems that take months, or sometimes years to appear.

Your care team will talk to you about what late effects you might experience and they should also talk to you about how you can manage these effects.

Two of the most common late effects that people experience after cancer treatment are brain fog and fatigue.

You can find more information about both of these topics on the next page.

## Brain fog

Brain fog is a side effect of cancer treatment that can cause problems with your ability to concentrate and your memory. It's sometimes also called 'chemo brain', but people who haven't had chemo can experience brain fog too. These aren't medical terms, but you might hear your care team or other young people talking about it.

### What are the symptoms?

Some people say that during and after treatment they struggle to concentrate or find it hard to think clearly.

Common symptoms of brain fog include:

- Struggling to concentrate
- Forgetting things that you usually wouldn't (memory loss)
- Finding it hard to think of the right word
- Getting distracted more than you usually would
- Difficulty doing more than one thing at once (multi-tasking)
- Fatigue
- Being more disorganised than you usually are
- A foggy feeling in your brain or feeling spaced out
- Feeling like you can't think clearly or feeling confused more often

## How to manage brain fog

- Try to avoid doing too many things at once
- Write yourself notes and lists
- Use the calendar on your phone for reminders and events
- Do things you find difficult earlier in the day when you have more energy
- Try not to overdo it or make yourself over-tired
- Sleep when you need to
- Avoid tasks that you find stressful if you can or ask someone for help with them
- Try to have conversations somewhere quiet to help with concentration problems

**Remember that it's OK to ask for help, if you're struggling with certain things it might be worth speaking to your care team, family or friends about how they might be able to help.**

**Search:** 'brain fog' on our website to find out more and understand how you can manage it.

## Fatigue

Fatigue means feeling exhausted and having no energy. Fatigue can be severe and can make day-to-day life very difficult. Some people experience fatigue when they are having cancer treatment or after they have finished cancer treatment as a late effect.

It's not the same as feeling tired. Tiredness doesn't usually last very long and you feel better after you sleep or rest. It's also often caused by a specific activity (like exercise) or if you've had a late night.

Fatigue is more persistent and ongoing. It can make things that you used to find easy very difficult, like having a shower or washing up.

### What are the effects of fatigue?

Feeling extremely exhausted all the time isn't easy and can have a big impact on your life. You might:

- Have difficulty doing things that you used to find easy
- Feel like you have no energy or strength
- Feel like you're thinking slowly
- Find it hard to remember things
- Have trouble sleeping (this is also called insomnia and might happen because you've slept more in the day or because you find it hard to get to sleep at night)
- Feel breathless after light activity
- Lose interest in sex
- Feel dizzy
- Have low mood and feel anxious

## Tips from young people on coping with fatigue

- If your body is telling you to sleep, just sleep
- Use an eye mask for daytime naps to help block out the lights
- Try not to go too far from home so you can get back easily if you feel tired
- Do something little every day to build energy
- Don't plan too much
- Find peace in saying no to things – don't feel like you always need to be available, people understand
- Gentle exercise can be really helpful and you might feel like you have more energy afterwards
- Plan your week around things that might take more energy
- Set clear boundaries with the people around you for what you may or may not be able to manage because of fatigue

**Search:** 'fatigue' on our website to find out more about the effects and how you can find support in education or work.

## Your rights in education and work

The effects of cancer and cancer treatment can impact your daily life and can make it really difficult to study and work.

It's important you understand what support you're entitled to in education and work to make sure you can make the most of these opportunities.

### What is the Equality Act 2010?

The Equality Act 2010 recognises all cancer diagnoses as a disability. This is from the point of diagnosis for the rest of your life, even if you're in remission. Whether or not you consider yourself disabled, it's important to understand what you are entitled to as someone who has had cancer.

This means if you've ever had cancer you're legally protected from discrimination in various areas of your life.

Being "protected against discrimination" by the Equality Act, means that it's illegal for anyone to discriminate against you or treat you unfairly because of your diagnosis. While this doesn't mean you won't ever face discrimination, it does mean that there are things you can do if you think this has happened to you.

**Search:** 'Equality Act' on our website to find out more.

“People don’t understand that just because you are told you are cancer free, it doesn’t mean you are going to be perfectly healthy. You won’t be able to run marathons straight away and won’t be able to do everything. They just have to be patient. It’s a long journey to full recovery and you have to build up your strength. There are some things that you won’t be able to get back to doing, but you will be able to cope.”

*Chloe*

## What benefits are you entitled to?

If you have cancer, or have had cancer in the past, you might be entitled to some benefits that can support you financially. The benefits system in the UK gives people practical help and financial support. There are lots of different types of benefits so it's good to understand what you're entitled to and how you access them.

### Personal Independence Payment (PIP)

- PIP is a benefit that helps with extra living costs
- In Scotland it's called Adult Disability Payment
- You might be entitled to PIP if you have a long-term health condition or disability that makes it more difficult for you to do everyday tasks and get around
- It's available for people 16 years old and over. It's available until you reach the age you can get your pension
- You might be entitled to PIP if you have had cancer but it's not automatic, so you'll still need to be assessed
- The assessment will look at how cancer affects your daily life and movement

### Disabled Students' Allowance (DSA)

- Disabled Students' Allowance (DSA) is money you can apply for to cover the study-related costs you have because of a long-term illness, mental health problem or any other disability
- Study-related costs means any money you pay for things connected to your course

- It’s available to students doing undergraduate or postgraduate degrees, including at Open University or distance learning
- How much money you get depends on your individual needs, not your household income
- You don’t have to pay this money back after you’ve finished your studies

## Disability Living Allowance for children (DLA)

- Disability Living Allowance for children (DLA) is a benefit for young people under the age of 16
- If you’re in Scotland, DLA is now called Child Disability Payment
- Your carer applies for DLA on your behalf
- DLA is for people who have a disability, or a condition like cancer that means it’s more difficult to get around or they need more care and support
- This isn’t just related to physical difficulties, it could also be mental health-related
- There are two parts to DLA, also called ‘components’. There is the care component and the mobility component. You can get money for one or both parts

**Search:** ‘benefits’ on our website to find out more about what you could be entitled to, and how to apply for it.

## What are reasonable adjustments?

Reasonable adjustments are changes you can ask for at work or school. These are put in place to make sure you can complete your education or fulfil your job responsibilities regardless of any side effects or long-term effects you might have as a result of your cancer diagnosis and treatment.

At work, these changes could involve:

- Working shorter hours
- Working from home
- Making the building more accessible

If you're a student, you can also talk to your teacher or tutor at your place of education about reasonable adjustments. This might involve:

- Attending class from home
- Getting extensions on deadlines
- Having someone to write for you during an exam (a scribe)

**Search:** 'reasonable adjustments' on our website to find more information.

## Going back to school

Having treatment for cancer might mean that you've spent some time away from school. It can be difficult to think about going back and you might not be sure when the right time to go back is.

If you're thinking about going back to school you'll need to think about your physical health, including how well you feel and what your healthcare team says. You'll also need to think about how ready you feel and your mental health. You might find it useful to speak to your carer or family and your care team to find the best time for you to go back to school.

Whether you're excited about going back or worried about settling back in, there's no 'right' way to feel. Everyone's experience is different and you need to find what works for you to get back into education.

It's also worth thinking about whether you're ready to go back full time straight away or whether it would be better for you to ease yourself back in with a few days a week to start with – this is called a 'phased return'. Speaking to your teachers and your school can help you figure out what the best plan is for you, and your education.

“I took a break for a few months before I went back to school. To start with I was only in for a couple of lessons at a time as I was shattered, but now I’m in again full time. I’d been allowed to stay in the same year as my peers, but I had to catch up on a lot of work and it was hard.”

**Phoebe**

## Going back to work

Going back to work can feel like a big step forward. But it's important not to rush it – and not to expect too much of yourself, too soon.

Where reasonable, your employer has to make changes to help you do your job during and after treatment. However, it's important to remember that they only have to do this if you've told them about your diagnosis. It's completely up to you who you want to share your diagnosis with so you should only talk about it if you feel comfortable to.

If and when you feel ready, talk to your boss, your doctors or your care team about what's possible, and ease yourself back in to work gently.

Here are some tips for how to ease yourself back into work after treatment:

- **Go back part time or have a phased return:** You could start by working fewer days or shorter shifts. You could ask for a phased return – this means you might go back a couple of days a week to start with and slowly build back up to full time
- **Take breaks:** Make sure you don't miss them, and relax when you have them
- **Adjust your routine:** Ask if you can arrange your day around the times you feel at your best. This might be because you would prefer to start early and finish early, or vice-versa
- **Be honest if you're struggling:** You may want to organise some regular catch ups with your manager when you go back to work so you can keep track of your progress

This could be useful if you realise you're finding particular things difficult and want to make some adaptations.

- **Go easy on yourself:** It takes time to recover from cancer and cancer treatment, so listen to your body and don't stress if you can't do everything you used to straightaway

## Going back to uni

Whether you're excited or anxious about going back to university after treatment, it can be an adjustment. You might have to change your routine, have different energy levels than you did when you were last at uni, and need more rest than your friends and classmates.

Depending on how long you've been away from uni you might now be in a different year to some of your friends. If some of your friends are still at uni you could try and meet up with them before you go back full time to help you settle in when you do go back.

It could help to get in touch with your tutor or department and have a chat, online or in person, about any reading or preparation you can do before you go. You could also find out a bit more about what to expect from the course when you do go back. This could also be a good opportunity to talk about any reasonable adjustments you need to support your learning.

**Search:** 'learning differences' on **ucas.com** to get more information on applying to university when you have physical or mental health conditions and learning differences.

**Search:** 'education' on our website to find out more about going back to education or work after treatment.

"I spoke to Lorraine (my nurse) before I went back to uni, and she was able to give me a bit of advice. She knows that I want to be able to do everything, so she told me not to set my expectations too high while I am still on treatment. I needed to hear that from someone outside my family."

**Elena**

## How cancer impacts body image

Cancer sometimes changes the way your body looks, functions and feels – and that can change the way you feel about yourself.

It's normal to have complicated and difficult feelings about this and you might feel less confident than you did before treatment, or worry about seeing people. However, you might also feel the same as you did before being diagnosed.

All these feelings are totally normal and there's no right way to react to a cancer diagnosis, everyone's experience is different and everyone's experience is valid.

Not everyone who is diagnosed with cancer will go through physical changes and the changes people do experience will be different depending on the person and their type of treatment.

## How to cope with and manage changes to your body

While any physical changes you go through might be emotionally upsetting, there are different things you can try that might help you feel more comfortable in the meantime:

- **Be around the right people:** try to spend time with people who you trust and who are kind to you
- **Getting moving:** doing some movement or light exercise when you feel up to it might help with your mood as well as helping you get as much good quality sleep as possible. Finding something that works for you and your schedule might help you make this part of your regular routine

- **Experiment:** maybe you want to try some different clothes, hairstyles, wigs or make-up that might make you feel more comfortable
- **Prepare for strange questions:** if you experience physical changes that you think people might ask questions about, it might be helpful to think about how you want to reply beforehand. It's also important to remember that you don't have to answer any questions you don't want to, so it might be worth thinking about how you would express that too

# Health anxiety

It's not unusual to get nervous about your health sometimes, but if it's starting to get in the way of your day-to-day life then you might have health anxiety.

## What is health anxiety?

Health anxiety might make it difficult for you to see the difference between regular aches and pains, and something more serious.

If you're really worried about having a more serious illness you might have some physical symptoms of stress. This can include symptoms like increased heart rate, difficulty breathing and panic attacks. These symptoms might worry you more and add to your concerns about your health.

**Search:** 'stress' on **mind.org.uk** for more information about the signs of stress.

“I said I felt like the person I was before and the person I was then were two different people, and that I didn’t feel the best version of myself. I didn’t recognise myself. Nic (my Youth Support Coordinator) took time to listen to me and we spoke at length. She was a really big part of helping me understand what was happening to me.”

Callum

## Fear of cancer returning

Even when you've been told your cancer is in remission it's common to worry about what will happen if it comes back.

After being diagnosed with cancer, you might have been focused on getting through your treatment. It can be strange when treatment ends, as you have less contact with your care team. You also won't have the same routine and might not have the same support around you as you did before.

We often hear from young people that this can be a very difficult time, particularly for your mental health. One of the ways this can impact you is feeling anxious about your health.

It's common to worry that aches and pains are a sign of relapse or recurrence (cancer coming back). It can be difficult to know what's something to be worried about and what isn't – this is often called 'fear of cancer returning'.

For some people, the fear of cancer returning can have a big impact on their mood, relationships with friends and family, and also affect how they make plans for the future.

**Search:** 'FCR' on our website to find tools on how to manage anxiety and the fear of cancer returning.

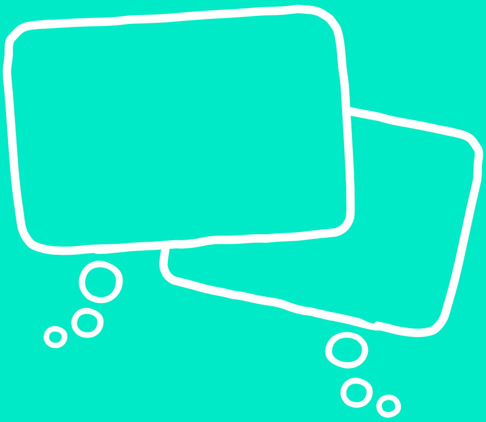
## Any questions?

If you've got questions about your own experiences after cancer treatment you should speak to your care team or Youth Support Coordinator, if you have access to one.

The information we've shared here is a starting point, we have much more information to support you when you finish treatment on our website.

You can find all this information here:
**teenagecancertrust.org/lifeaftertreatment**

# YOUR
# SPACE



## This space is for you to use exactly as you'd like. There's no right or wrong way to use these pages, and some people might not want to use them at all – that's also absolutely fine!

We wanted to give you some space to keep track of your thoughts and feelings, or maybe you want to put down some goals in writing, or maybe you just want to doodle. It's completely up to you. As with the rest of this book, this space is for you to make your own.

We know it can be a bit daunting being faced with a blank page so we asked some other young people how they'd use this space and we've included some of their suggestions here, along with some detail on what they mean.

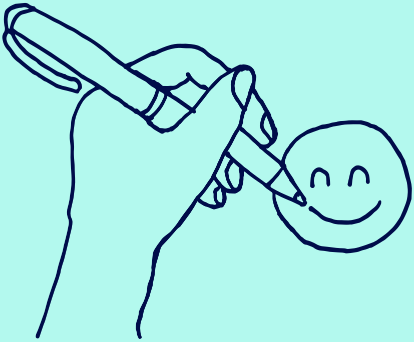
# BULLET JOURNAL

**Bullet journals are often used to keep track of what's going on in someone's life. It gets its name from the idea that you use bullet points to make notes, plan your time or track goals.**

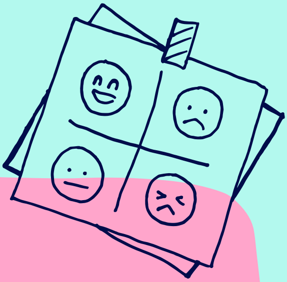
Bullet journals are very much what you want them to be, there's not set way to do it and it's up to you to figure out what you want to use it for and how you're going to use it.

**Search:** 'bullet journal' on **teenagecancertrust.org** for inspiration.

You might want to keep it simple and use it to make lists and reminders, or you might want to think of a more detailed system that works for you. Don't worry if you're not feeling particularly creative, this is just for you and you can design it any way you want!



# YEARBOOK



**Some schools and universities use yearbooks to keep a record of everything that's happened that school year. There's usually photos included and people ask their friends and teachers to write in them.**

**You might want to use this space a bit like that but to document your cancer experience.**

You could take this book with you to your next appointments and ask people from your care team to sign it or write you a message, if they'd like to.

If you've got any photos from your treatment or hospital stays that you want to document you could stick those in here too.

You might have other bits and pieces that you want to keep track of – there might be things that wouldn't mean much to other people but are an important part of your experience.

If you've got to know some new people during your time in hospital, you could ask them to write you a note here or use this space to make notes for yourself about all the people you've met along the way.

# PROGRESS TRACKER

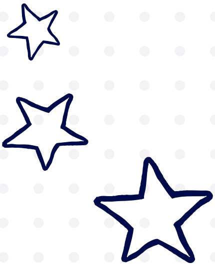
**Similar to a bullet journal, you can make a progress tracker completely your own.**

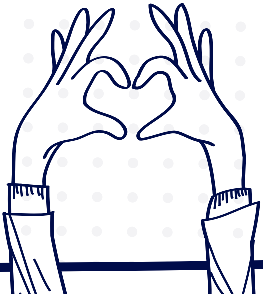
The idea is to set yourself some goals and targets and then keep track of how you're getting on with them against a timeline.

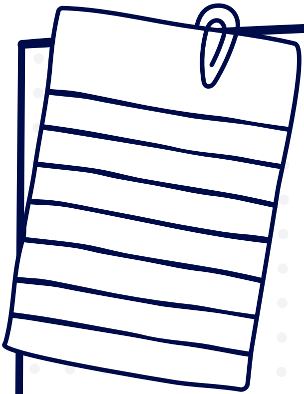
This could be days, weeks or months depending on what you feel comfortable with.

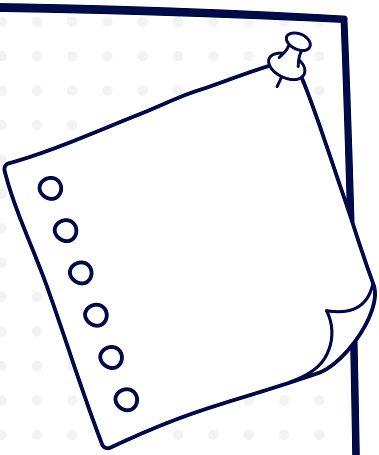
This might include big goals or small goals – again, it's completely up to you to decide because this is for **you** to track **your** progress on the things that matter to you!

**Search:** 'progress tracker' on **pinterest.co.uk** for some ideas









## How we produce our cancer information

We know how important it is when you're going through cancer, and after you've finished treatment, that you have access to accurate, trustworthy and easy-to-understand information.

Young people with experiences of cancer have been involved in the creation of this book at every stage. Along with healthcare professionals, they told us exactly what information they wanted included.

All the information in this guide and on our website has been reviewed by young people with cancer and healthcare professionals as well to make sure we can support young people effectively.

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Information
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*Patient Information Forum*

## PIF TICK

Teenage Cancer Trust is an accredited member of the PIF TICK scheme developed by the Patient Information Forum. This means we have gone through a strict assessment process to make sure that all the information we produce is accurate, age-appropriate and accessible. You can find out more about the PIF TICK on their website: **pifonline.org.uk**

## Want to get in touch?

We review all of our information every three years. This booklet will reviewed again in 2027 but if you spot anything you're not sure about or have any questions or comments before then, you can get in touch with us: **healthinfo@teenagecancertrust.org**

## Acknowledgements

**Thank you to everyone who has helped us put this guide together. Thank you to our team of experts, Teenage Cancer Trust employees and all of the fantastic young people and support staff who have given such valuable input!**

We'd like to extend a special thanks to Vicki Cummerson and Julia Ventour whose work in Southampton inspired the 'Your space' section of this book. Their support and insights in creating this book have been invaluable!

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Special thanks to Teenage Cancer Trust's Youth Advisory Group who have contributed to this project significantly, their insights have been invaluable!

Thank you to our Youth Information Review Group and Volunteer Information Review Group for their work providing feedback throughout this project.

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# THANK YOU!

We'd like to extend a special thank you to The Harrodian School who very kindly raised and donated a significant amount of money to fund the design and printing of this book. Harrodian is a school for 4-18 year olds in south west London.

We're incredibly grateful for their very generous donation which allows us to further support young people after finishing treatment.

You can find out more about Harrodian on their website: **www.harrodian.com**.

> **"The Harrodian School is delighted to have been able to support Teenage Cancer Trust over the last twelve months, raising crucial funds, as well as increasing awareness of the incredible work the charity does to support young people.**
> **It has been a pleasure to get to know the team and gain a deeper understanding of the truly remarkable work the charity does."**

HARRODIAN

> “When I was told there wasn’t going to be any more treatment, I didn’t know what I was feeling and it was so overwhelming. I found out how important it is to remember that no matter how you feel, it’s OK. No matter how long things take to process, it’s OK.”
>
> *Jessica*

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Printed September 2024
To be reviewed September 2027

**www.teenagecancertrust.org**

Teenage Cancer Trust is a registered charity: 1062559 (England & Wales); SC039757 (Scotland)