Teenage and Young Adult (TYA) Service Newsletter

Edition: Feb 2021

Welcome

The aim of this newsletter is to inform teenagers, young adults, families and staff what is happening across the region for patients aged 13-24 with a cancer diagnosis. Our service is made up of different professionals who offer age appropriate support. We see the young person first and the cancer diagnosis second.



Mentoring sessions with Ben Francis, founder of GymShark

On Thursday 5 November we launched an exciting opportunity for all our young people to join an INSPIRATIONAL MENTORING programme with BEN FRANCIS, the founder of GYMSHARK. The first session was an introduction to Ben's personal journey from his 'bedroom to the boardroom'. The young people had been encouraged to engage with Ben's YouTube channel prior to the session and think about questions to put to him. Eight young people joined in the introductory session aged from 16 to 21: all are at different stages in their education or training. Some were studying Business, and others were enrolled in Art, Languages, Biomedical Science and Psychology.

Everyone had turned on their cameras by mid-session. The young people asked lots of interesting questions and were clearly motivated and inspired by Ben's down to earth and honest response. He said he hadn't been 'very good' at school, had to be dragged back to post 16 study and then dropped out of his degree in the second year as GymShark took off. The feedback from the session was immediate and positive. One young person commented 'It was really cool to listen to Ben, I feel super lucky to have heard from him'

Jayne and Ben Francis will be hosting monthly small group and 1-1 mentoring sessions covering Motivation, Careers, Fitness, and much more. Led by the young people's individual needs this promises to be a rewarding initiative.

Regional Study Days

The TYA team are running study days available for any member of staff in the West Midlands who care for TYA patients.

Email **Ann.Smith2@uhb.nhs.uk** to reserve a place.

Study days will be held on:

2021 MAR 24

2021 SEPT 23

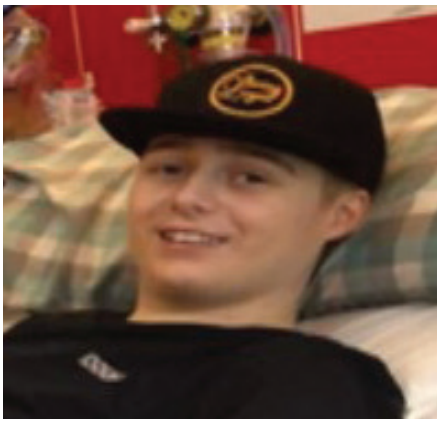
If you would like to feature something in our next issue of the newsletter please email Ann.Smith2@uhb.nhs.uk

TEENAGE CANCER TRUST

University Hospitals Birmingham Charity

YOUNG LIVES vs CANCER CLIC SARGENT

NHS University Hospitals Birmingham NHS Foundation Trust



EXAM SUCCESS

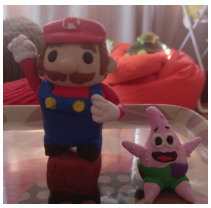
GCSE student Will had 1-1 lessons at the bedside with University Hospitals Birmingham Charity teacher Jayne Ruisi and completed his GCSE assessments on the Teenage Cancer Trust Young Person's Unit. Will achieved 7 GCSE's at level 4 and above and in September was able to enroll in the B tec Business Studies Level 3 course at Dudley College. Will is now at home and engaging remotely with his studies. All young people who engage with the TYA education service are supported in their studies by the University Hospitals Birmingham charity specialist teacher for up to two years post treatment.

Find Your Sense of Tumour

The Teenage Cancer Trust ran their very first virtual Find Your Sense of Tumour 18+ event in December with great feedback from the young people. The West Midlands had 6 young people involved.



Teenage Cancer Trust Youth Support Co-ordinator Activities at Birmingham Children's Hospital







All events can be found at www.facebook.com/UHBCancerTYA

Meet the team



Becky is a Teenage Cancer Trust Clinical Liaison Nurse Specialist based at Shrewsbury and Telford Hospital NHS Trust. Becky helps support those patients who live or are treated more locally as the aim of the Teenage and Young Adult service is to reach any young person with cancer in the West Midlands. Becky will liaise with treating teams at the Queen Elizabeth and Birmingham Children's Hospital and can also visit patients in the comfort of their own home.

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